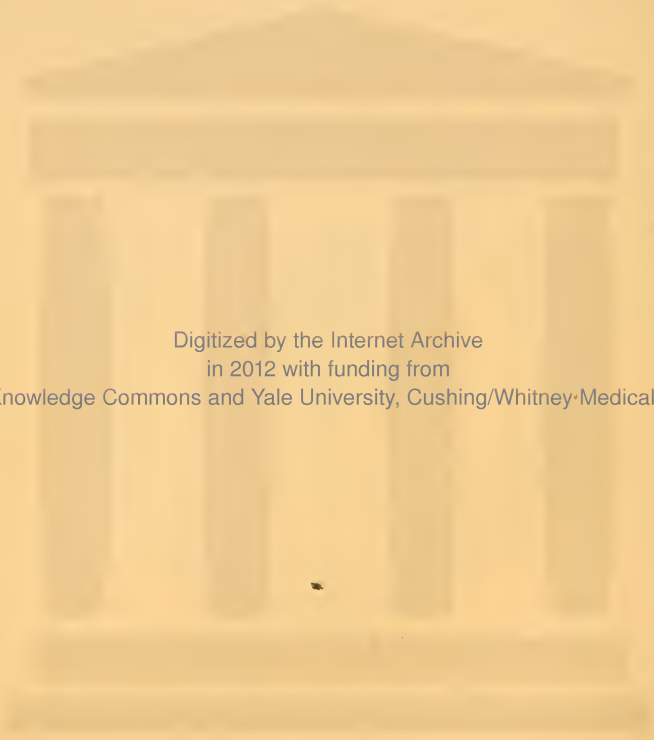


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# THE POWER AND BEAUTY OF SUPERB WOMANHOOD

HOW THEY ARE LOST AND HOW THEY MAY BE REGAINED  
AND DEVELOPED TO THE HIGHEST DEGREE  
OF ATTAINABLE PERFECTION.

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BY

BERNARR MACFADDEN

Editor of "Physical Culture," "Beauty and Health" and "Macfadden Physical Development."

Author of "Virile Powers of Superb Manhood," "New Hair Culture," "Strong Eyes," Etc.

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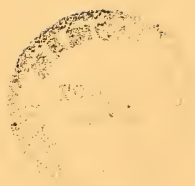
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*Yours for Health-*  
Bernarr Macfadden

## PREFACE.

All hail, ye women who love health, strength and the beauty which these conditions represent!

There is nothing about style or dress for dress's sake in these pages. I hate style. It has murdered more women, caused more misery, more crime and more degeneracy than all the wars in the world's history.

A beautiful body has a style of its own. It is clothed with the charm of its own personality, beaming through whatever may be its covering.

Dress it in rags or in the finest satin—it matters but little. If the beauty, the intelligence, and purity of a clean mind shine forth, there can be no unfavorable criticism.

Every woman can have strength and health, and her share of comeliness. The possession of all this is not merely a right. **IT IS A DUTY**, and if the reader has not performed her plain, even imperative, duty by making

herself comely, let her begin now. No time is too late to start, but every moment's delay is hazardous.

If old age has not intervened, the proud consciousness of the attainment of superb womanhood may be realized. Even though you are on the downward slope of life, your closing years may be rendered sunny and sweet, healthy and helpful.

The instruction found herein will be of invaluable assistance. It may shatter many fond beliefs, but it will arm you with truth, the mightiest weapon of all in struggling against weakness, unhappiness and untimely death.

That these suggestions may be the means of bringing unto those who read and act thereon new light to the eyes, unexpected color to the cheeks, and undreamed of symmetry and beauty to form and feature, is the sincere wish of the Author.

*Bernarr Macfadden*

"O woman, lovely woman. Nature made thee to temper  
man;

Angels are painted fair, to look like you;  
There's in you all that we believe of heaven,—  
Amazing brightness, purity, and truth."

—*Thomas Otway.*

## CHAPTER I.

### SUPERB WOMANHOOD.

Who can estimate the value of superb womanhood—that degree of health and strength so essential to the accomplishment of life's purposes? From the standpoint of mere dollars its worth to a woman cannot be measured. There is nothing in life so priceless. Like the virtuous woman of Proverbs, who was also a healthy woman, such a dower is "beyond rubies." Without this power of superb womanhood, without the beauty and strength of body which is a part of this ideal condition, a woman is not woman. Paradoxical statement, is it not? But let us see. The word "woman" does not indicate solely a certain

form or condition of body; it indicates the possession of *sex*, and unless the body has been developed sufficiently to bring out and emphasize the instincts and powers of sex there is no real womanhood. Such a woman is merely a sexless nonentity. She goes through life eating, drinking, sleeping and existing, but she has never understood in its truest sense the meaning of the word "living." She simply vegetates, and not with a healthy growth, either. Not for one moment has the joy of life and health in all their completeness thrilled her nerves. She has existed; she has not lived.

*"A beautiful girl eclipses all, as sunlight does starlight. And every element of this beauty is immeasurably enhanced by a right merging into womanhood. Sun shines on nothing quite as superlatively beautiful, charming, even enchanting, as splendidly sexed 'sweet sixteen,' in full maidenhood, unless it be that girl fully developed into perfectly glorious womanhood. All races and nations, throughout all times and climes, have worshipped at the shrine of female loveliness. And the more devoutly, the higher*

in the creative scale are the worshipers. Only worship of God exceeds it. It has turned all men's heads and hearts, and literally crazed them, throughout human history. What will not men do and sacrifice for a really handsome woman? and women to enhance their beauty? What other ancient temples were as numerous or thronged as those of Venus?"—*Prof. O. S. Fowler.*

You, who are enjoying this superb womanhood; you, who have felt its joys, its power to thrill the souls of beholders, can you measure its value? If the richest man in the world to-day were to come to you with his hundreds of millions, and offer to exchange every cent of his vast wealth for even a part of your superb health, for your power and beauty of body, would you consider for a moment such a proposition? Would you not rather laugh it to scorn? In accepting it would you not be "selling your birthright for a mess of pottage?" Would you not be trading a gem of priceless worth for that which would be of no value when you were in possession of a weak

and sickly body? How little the average woman esteems this priceless boon! How little she seems to value it in her own life and in the life of those she influences!

At the very outset of this book let me impress upon every reader the enormous value of the superb powers of health and strength. Their great importance cannot be emphasized too strongly. There is nothing in the world of equal value, for no matter what you may possess, if you are without health none of these possessions can be enjoyed. To be sure, a rich woman, though an invalid, can buy more of the "comforts of life" than a healthy and poor one, but the condition of invalidism will deprive the possessor of even a possibility of real enjoyment.

Have you ever had occasion to note the all-pervading influence of superb womanhood? A woman in possession of the beauty, force and magnetism that come with a high degree of health is in a thousand times better position to accomplish her objects in life, regardless of what they may be, than one who does not en-



joy this divine gift. No matter what may be her sphere in life, whether she is an inhabitant of savage countries, or intermingles with those in the highest social circles, this power is equally important. Nature has willed that it should be all-inspiring. It is one of the necessary means of perpetuating the human kind. We hear much about men winning their wives, but the real fact is that woman, not man, does the choosing. Of course she makes it appear that man is the pursuing party, but, after all, she really does the selecting, really decides as to which man shall pursue her, and, at the proper moment, win her.

Now, the completeness of her physical womanhood gives her not only a larger list to select from, but the man she finally selects can in every instance be won with far more ease and certainty because of her physical charms than would be possible under other conditions.

Not only does the great value of this gift of superb womanhood apply to marriage, but also to every condition of life. The woman in possession of a beautiful body and of vigorous

health which accompanies this condition, will find the gates of every avenue of life more easily opened under these circumstances. If she has ambitions she will find encouragement and assistance at every hand, though if her personal appearance is against her the conditions will, in many instances, be exactly the opposite.

Those who suffer inconvenience and ill-treatment because of their general physical ugliness accuse the world in general, and become cynical, but in reality they are themselves to blame. Their personal uncomeliness has been caused by their own errors, and they are simply paying the penalty of their sins against the great laws of Nature.

There is but little chance for happiness if this normal condition of health is not possessed. Happiness means various conditions to various people. Each woman has her own idea of what constitutes happiness, but unquestionably each one will admit that without superb womanhood there is little chance of securing this great and desirable end. Regardless of where she may be placed, whether in the business, professional, or

social world, this lack of physical comeliness will handicap her every effort. Without it, life cannot be a success from any standpoint.

How many girls to-day possess mere prettiness—beauty of skin, of hair, of eyes, of delicate mold of features? Of how little value is such beauty to a woman! It is of transient duration, the first flush of budding maturity, which may never come to fruit or even flower. Such women often do not reach fully matured womanhood. They never allow their body to develop fully. This delicate prettiness will sometimes last a few years, though often only a few months, and then, instead of developing, as it should, into superb womanhood, a condition of physical decline is usually induced. It is a well known fact that women usually begin to lose their attractiveness at twenty-five—and sometimes even younger. Such a condition is a crowning disgrace to modern civilization. It is really a confession by such women that they have never possessed the complete powers of superb womanhood. A woman should be pretty at twenty, and—under normal condi-

tions—beautiful at twenty-five, and handsome at thirty.

Who cannot call to mind instances where women have apparently been able to maintain their beauty even to greatly advanced age? History records many instances of this.

“Helen of Troy was over forty when she perpetrated the most famous elopement on record, and, as the siege of Troy lasted a decade, she must have been quite elderly when the ill-fortune of Paris restored her to her husband, who is reported to have received her with unquestioning love and gratitude. Pericles wedded Aspasia when she was thirty-six, and yet afterward, for thirty years or more, she held an undiminished reputation for beauty. Cleopatra was past thirty when Antony fell under her spell, which never lessened until her death, nearly ten years after. Livia was thirty-three when she won the heart of Augustus, over whom she maintained her ascendancy to the last. The extraordinary Diana de Poitiers was thirty-six when Henry II. of France (then Duke of Orleans, and just half her age) be-

came enamored of her, and she was held as the first lady and most beautiful woman at court up to the period of that monarch's death, and of the accession to power of Catherine of Medicis. Anne of Austria was thirty-eight when she was the handsomest queen of Europe, and when Buckingham and Richelieu were her jealous admirers. Ninon de L'Enclos, the most celebrated wit and beauty of her day, was the idol of three generations of the golden youth of France, and was seventy-two when the Abbe de Bernis fell in love with her. A rare combination of culture, talents, and personal attractions endowed their possessor seemingly with the gifts of eternal youth. Blanco Capello was thirty-eight when the Grand Duke Francisco of Florence fell captive to her charms and made her his wife, though he was five years her junior. Louis XIV. wedded Mme. De Maintenon when she was forty-three years of age. Catherine II., of Russia, was thirty-three when she seized the empire, and captivated the dashing young Orloff. Up to the time of her death, at sixty-

seven, she seems to have retained the same bewitching powers, for the lamentations were heartfelt among all those who had ever known her personally. Middle Mar, the tragedienne, only attained the zenith of her beauty and power between forty and forty-five, when the loveliness of her hands and arms especially was celebrated throughout Europe. Mme. Recamier was thirty-eight when she was, without dispute, declared to be the most beautiful woman in Europe, which rank she held for fifteen years."—*Prof. O. S. Fowler.*

But we need not turn to the history of the past for facts to prove that women can, if they choose, maintain youth even to advanced age. Only a short time ago Lady Randolph Churchill, who is a mother, with a son past his majority, married a handsome young man, who was considered the greatest "catch" in England, and who was only two or three years older than her own son. Is there any evidence more emphatic than this needed to prove that women can maintain their beauty years and years beyond the ordinary time for showing age?

You may say that these women were remarkable exceptions, but if the inside history of their lives were known it would reveal that they simply understood the secret of maintaining health; that they believed in regular exercise, proper habits in eating, and that they cared for the body as Nature demands.

If she is in possession of that normal condition of health which accompanies superb womanhood, a woman should grow greater and greater in beauty, at least up to the age of thirty or thirty-five, and this condition should be maintained from fifteen to twenty-five years longer. The fact that one rarely meets with such examples indicates quite clearly the appalling need of knowledge in reference to the simple laws that govern the health and strength of woman.

I have previously mentioned that women really select their husbands, but I would also add that their selection is, in many instances, guided entirely by the desire to "marry well," by the influence of wealth or other attractive conditions, instead of the instinct of superb

womanhood, which are the only natural guide. The fact that so many women are willing to sell their souls and bodies for a few paltry dollars indicates with remarkable clearness the great need of the adoption of those means which will develop the highest degree of normal womanhood. With this degree of health come those superb instincts which indicate to every woman, beyond all possible question, the one whom she should select for a life partner. To a woman superbly sexed, money could not, in the slightest degree, influence a choice. There would be but one judge, her womanly intuition, and this would, under normal conditions, in every case direct accurately.

The marital unhappiness existing to-day often causes comment. Under present conditions the real surprise is not why there are so few, but why there are so many, happy marriages. How many women enter the marital state absolutely devoid of all sexual instincts! They marry not for love, but simply to be married, because they will probably be more comfortable under these conditions—better fed,



better dressed, and be able to be their own mistresses, to a greater extent than at the home of their parents. Such marriages are criminal. A woman not in possession of a high degree of physical health has no right to marry; she commits a crime against herself, and a crime against the man she marries. Marriage is a physical union. This physical basis is its foundation. There may be other subordinate conditions which influence entrance into matrimony, and upon which the complete happiness of marriage depends, but all marriages must be founded upon physical attractions. The importance of superb womanhood cannot be more thoroughly emphasized in any department of life than in this particular respect. Marital happiness cannot exist without physical health. It really furnishes the instinct which guides a woman under these conditions. She has no right to marry unless she possesses this condition of superb health, and if this is not possessed she should immediately adopt the necessary means to develop it, for not until then has she the slightest right even to consider the possibility of contracting a marriage.

“Woman—God’s best gift to man and the chief support of the doctors.”—*The Annual Toast at Medical Conventions.*

## CHAPTER II.

### PRESENT PHYSICAL CONDITION OF WOMAN.

Physical wrecks caused by the evils connected with our so-called civilization can be seen everywhere. Alcoholic liquors, dissipation, over-eating, and numerous other weakening influences often cast men downward to the lowest depths of physical decay; but if one will carefully compare the average physical condition of each sex he will usually arrive at the conclusion that man, with all his dissipation, with all his sins against the laws of life and health, still approaches more nearly the standard of perfection than does woman. This conclusion cannot be deduced by an actual comparison of man and woman, but by the comparison of woman as she is with woman as she should be, and of man as he is with man as he should be.

No one will question the great superiority of the strength of man over woman. The average man usually possesses double the strength of the average woman. He has that much advantage over her in actual muscular vigor. This also means that his nervous forces, his digestive powers, his actual manhood, in fact, are just that much nearer the standard of perfection than the same and corresponding qualities in the average woman. The truth of the statement that woman can be nearly as strong as man may be proven by merely referring to the animal world, and to the various woman athletes who take part in acrobatic and athletic feats that one often sees in theaters and circuses. The average woman is very greatly surprised when she sees the strength possessed by these athletic representatives of her sex. The ease with which they handle the weight of a man, turn somersaults, and perform other apparently marvelous feats of agility and strength, naturally seems beyond belief. It should be remembered, however, that this strength has not necessarily been inherited; it

is simply the result of cultivation, and those very women who marvel at the strength of these athletes could, in numerous instances, have been as strong, and even stronger, had they gone through the same course of training in their youth that was required of these athletic women in order to develop their great muscular vigor.

Among the lower animals the male is very little stronger than the female. The female horse, for instance, is capable of running as fast as the male. In fact, some of the world's records have been held by the female of this species. Woman can be as strong, in comparison to man, as are the females of lower animals in comparison to the males of their own species.

“By nature the female sex is as healthy as the male. German and Irish women are about as healthy and almost as robust as German and Irish men; the same is true of squaws and Indians. That this modern and American debility is due to the habits and usages of civilized life is demonstrated in the palpable fact that the female sex among the peasantry and

uncultivated is about as strong and robust and as uniformly healthy as a male. This shows that modern female weakness is easily avoided, that it originates in style, not Nature; in fashion, not necessity. Usually, female drudges are healthy; as a rule only ladies are weak and sickly. Mark this universal fact, and learn the lesson it teaches.”—*M. J. Rodermund, M.D.*

History records many instances where women have disguised their sex and followed the more active life of man, and in such cases there was usually no evidence that their strength was not equal to men of their height and weight. Let me emphasize right here that the vigorous and regular use of the muscular system will enable a woman to develop in every instance muscular strength almost to an equal degree with man.

“History, as well as those magnificent legacies in marble and on canvas, teaches us that no greater fallacy could be imagined than that ‘we are women, and therefore, weak.’ Among the Teutonic tribes the women frequently accompanied their husbands to war,

and exhibited instances of the most daring bravery. In 'The Fall of the Nibelungen' we are told that the conditions upon which the 'Good King Gunther' won the hand of the beautiful Brunhilde were, that, at the peril of his life, he should vanquish her in hurling the spear, casting the stone, and leaping after the stone after it was thrown; also how he succeeded, with the assistance of his noble friend, Siegfried.

"One-half of the 421 graduates in the Boston school for physical education were women, many of whom had been teachers broken down in health. The result of the removal of the corset and the long, heavy skirts, together with the use of those exercises which a short and a very loose dress renders easy, was that in every one of the ten classes of graduates the best gymnast was a woman. In each class there were two to six women superior to all the men.

"Truly 'there is nothing new under the sun,' for when the physician of to-day calls the American woman a 'sham,' which he sometimes does, he is only repeating the com-

plaint of a husband of the olden time, who declares that he has married a 'sham,' a lady of comely proportions who, *en deshabelle*, shrank into a dwarf. Her head-dress measured eighteen inches, her shoes elevated her six inches. Her circumference decreased as alarmingly as her height, for, on the removal of the stomacher and hoop, the stately pyramid of silk and satin who had swept about all day dwindled into an insignificant pigmy of half her artificial size."—*Anna M. Galbraith, M.D.*

How few really well-formed women are seen! Notice them, as they pass, in any large city. What a small percentage even possess ordinary good health! Their forms are mostly shaped by corsets, padding, and other artificial means used by dressmakers to simulate the modern depraved idea of perfect womanhood. You often see big, bulging hips, with small, tightly squeezed waists and large, prominent busts, which, if it were not for the corsets, would fall low and make a disgusting exhibition of physical ugliness. There are also the other extremes: flat chests, without a sign of

the bust, thin necks, and small, thin and shapeless arms, tapering from round and sloping shoulders. In fact, almost every feature of deformity produced by the lack of exercise and the non-observance of the plain laws of health, are common in all civilized communities. Probably less than one per cent. of civilized humanity possesses that suppleness, strength, and beauty which is the inalienable right of every normal human being.

Even the figures of professional models, who probably possess far more beauty of body and symmetry of form than the ordinary woman, bear but slight resemblance to the ancient sculptured ideals of female perfection. The most perfect human specimens are deficient in some part of the body.

Among the women of the social world a similar condition exists. Physical ugliness, weakness, and sickness are everywhere. To be sure, women frequently display their supposed charms in the modern décolleté costumes, but how few appear attractive in the eyes of those who fully realize how beautiful every woman



should and can be! The arms are often ill-shaped, either too fat or too thin, the bust is usually forced up to an abnormal position by the aid of corsets, and numerous other artificial aids are used to simulate that beauty of health and strength which no artificial means on earth can possibly produce.

Even the stage, where some of the best examples of physical perfection are found, can boast of but few superior specimens of physical beauty. Many of the well known actresses have to make free use of padding, tight lacing, and other means, to enhance their supposed beauty. Bright, clear eyes, well-formed arms and limbs are attractive and desirable, but where the waist is constricted until all the internal organs are benumbed and almost paralyzed, such signs of beauty will be possessed but a short time.

Our working-girls, clerks, and factory workers, are miserable specimens of what they really should be. They ape their more well-to-do sisters, constrict their waists, and conform to all those conventional habits which literally

“dry up” the true essence of womanhood that each should possess at complete maturity. They naturally envy the supposed privileged class, which spends much of its time in trying to be beautiful, and, as far as possible, they adopt similar modes of living.

How about the girls and young women one meets in the country? There they are supposed to have the advantage of fresh, pure air, and to be away from the demoralizing influences of so-called higher civilization. In the first flush of early womanhood many of them have their fair share of physical charms. There being but rare occasions for appearing conventional by crushing the vital organs, the body more often grows strong, shapely and beautiful. This is usually true only of those who are much engaged in that active, out-door life which influences, in every case, the development of superior physiques. The country girl has, however, fallen into many of the evils that sap the beauty and vigor of those residing in cities, and though one occasionally finds very fine examples of physical beauty, as a class they are not superior to their urban sisters.

There is evidence everywhere of female degeneracy, and the need of increased physical health and strength for women, but if proof beyond all possible question as to the physical condition of woman is desired, visit one of the popular seashore resorts during the bathing season. There you will find evidence at every hand of the distorting and demoralizing influence of the habits of life adopted by the average woman. How few can boast of even an ordinary degree of comeliness when in a wet bathing suit! It allows of no deceit. They then appear just as they really are when minus their frills and furbelows—just as outraged Nature has made them. Here, too, one can compare the physical condition of the two sexes.

It is not at all uncommon for one to see superb specimens of manhood at these resorts. Many men are seen with fine limbs, strong, well-made arms, and figures that possess symmetry and beauty almost equal to those of the famous statue of Apollo. But how few Venuses can be found? Many of those who

possess a fair share of beauty beyond the first flush of youth are often forced to wear a corset, even in the surf, to hold their bust in its normal position. Those who possess, in all its completeness, the beauty and strength of normal womanhood, are rarely seen.

Everywhere, and among all classes, this deplorable lack of beauty and vigor in woman can be noted. Female diseases, from which by far the larger majority suffer, indicate with remarkable exactness the cause of much of this physical weakness and ugliness. How rare it is for a woman to remain free from diseases of this character! In every home sufferers from these troubles can be found. Medical fakirs, who advertise remedies to cure diseases of this character, are fast growing opulent. It is not at all difficult for them to find victims. There is needed no other evidence on earth than the universal existence of these diseases to prove accurately the necessity for reform in the life and habits of woman. Every woman was made to grow beautiful. It is only by crushing and disobeying every natu-

ral instinct that she becomes the weakened and misshapen specimen that is so often seen in civilized countries to-day.

“Female forms are nearly all deficient. What is the practical confession of all their padding and bustling, crinoline included, but that to look passably well they must supply by art what they should, but do not possess, by nature? All ought to be good looking, and many really beautiful, without any artificialities; yet how poor the physiques, how imperfect, the female forms of most of them. Many of our girls, on first budding out into womanhood, have good figures and complexions, but, alas, how soon they shrivel and lose the special forms of the sex. Nearly all are dwarfed. Our young men are half emasculated; and maidens almost bereft of this precious element. This is most appalling.

“The walk and carriage of both sexes tell the same sad, sorry tale. How few noble, majestic, lofty, commanding-appearing men; or sylph-like, springy, blithe, sprightly, elastic, agile, poetic-motioned ladies? But how many

males are weak-kneed, munching, limber-jointed, inferior-appearing, moving about shrinking, self-condemned, as is ashamed of themselves. We are so accustomed to this deficit in both sexes that we fail to notice how almost universal or how great it really is.

“Our young women, how miserably sexed, physically. Few are two-thirds grown. Most are dwarfed, rendered too small to be of much practical account, by excessive brain and deficient bodily action. Scan the forms of these pocket Venuses. Nearly all are deficient in bust and pelvis, meager in face and limb, narrow and round-shouldered, hump-backed, crooked-backed, stooping, too fat unless too lean, with their breast-bones caved in, short ribs meeting or overlapping, bowels small or knotted, faces painted besides. What a damaging confession that they need to paint? Yet how awfully they look without, and even with. And they use cologne in addition, thus telling all within smelling distance that they lack that balmy perfume which is coincident with normal health. One-fourth have crooked spines.

“ One-half of the few mothers use nursing-bottles in feeding their weakly children. A recently improved bottle, though expensive, sells at the rate of sixty to seventy thousand per annum; and the same doubtless serves in two or more families. Think of these hundred or more thousand famishing infants, put off with sucking-bottles. And how many lack even that? Merciful Father, to what are these fashionable modes and unsexing customs bringing us!

“ Nor is all this the worst. Behold the female mind and soul still more deficient, and worse disordered. This “outer tabernacle” is in ruins only because the inner temple is even more dilapidated. Her womanly charm is decayed, and loveliness of soul demoralized. Man finds an “aching void,” where he searches, almost in vain, for a genuine, loveable, womanly spirit. Must the masculine soul, too, be left desolate for want of what it alone can love and cherish? Must every marriage become only a perpetual “sacrifice of desolation?” Yet would to Heaven even this deficiency,

great as it is, were all; that this life-fountain were only low. It is also badly diseased!

“Let any medical man attest if most of his practice does not originate in female complaints. Children’s diseases are mainly consequent on maternal. An elderly doctor (living in Texas) said:

“‘I have practised medicine thirty years in this place; was, till lately, its only medical man; have officiated at most of its births; been called to nearly every female, young and old, in it; and say deliberately, of my own personal knowledge, that not one female in forty, over eighteen, but is “irregular,” or ailing, more or less, in some form sexually.

“‘As eminent a doctor as South Carolina ever had, with whom I studied medicine, after fifty years of extensive practice, often declared that, on the average, not one lady in fifty, twenty years old, but is more or less ailing in these organs; and my own large practice confirms this declaration.

“Catherine Beecher says, in her work on ‘Female Ailments,’ as to the proportion of



women diseased sexually, within her extensive observation and careful personal inquiry, that it exceeds twenty-nine in every thirty.

“My own average is, that not one woman in one hundred has a fair amount of sexual vigor, and that at least nine in every ten, if not nineteen in every twenty, are more or less prostrated, or else actually diseased sexually.”—  
*Prof. O. S. Fowler.*

“Men at some time are masters of their fates;  
The fault, dear Brutus, is not in our stars,  
But in ourselves, that we are underlings.”

—*Shakespeare.*

### CHAPTER III.

#### THE CAUSES OF WRECKED WOMANHOOD.

The abnormal conditions that make physical wrecks of women begin almost at birth. By kicking, squirming, and swinging its arms, the girl baby secures sufficient exercise to begin the development of that strength and health which is to serve her so well in future life. But how is it possible for a baby to secure the proper amount of exercise of this character when so bound with bands and clothing that a great effort is often required to move a muscle? No wonder that many babies are weak and sickly, and that over fifty per cent. die before maturity. The real wonder is how any of them manage to live to maturity.

This excessive amount of clothing also prevents the air from coming in contact with the

surface of their little bodies. Not only should baby's lungs be allowed to breathe, but every pore in their bodies requires air. Air, if allowed to come in contact with the skin, is one of the greatest tonics in the world. This fear of the air for babies has unquestionably brought thousands of them to premature graves.

Over-feeding is another great evil. Whenever baby cries it is taken for granted that she desires nourishment, and usually it is immediately supplied. No thought is ever given to tight bands, smothering clothing, bad air, and other baneful influences, which babies are often able to bear without serious complaint. Some women wonder why their babies are "bad," why they cry, and are cross and fretful day and night. Bad babies are unhealthy babies; they are not comfortable, and their mothers do not understand the art of keeping them strong. No other excuse can be found for this condition.

This over-feeding process, when the baby is very strong, seldom produces more serious results than to over-burden it with flesh, but if

it is not strong, digestive ailments of all kinds are often induced, and fevers, colic, and numerous other complaints peculiar to infants result.

The breathing of confined air, so universally insisted upon for babies, is another serious evil which lowers the standard of future womanhood, and helps to fill graveyards with these tiny specimens of humanity. When baby is protected from every breath of air the delicacy of her constitution increases. Bad air cannot develop strength in any living animal body, and this applies with equal truth to growing babies. It has often been noted that pets of any kind—kittens, for instance—will gradually grow weaker, and often die, under the influence of too much coddling and petting, and I believe firmly that thousands of babies are never allowed to develop their highest degree of health and strength because of this same evil. Coddling and petting, and continual handling, are as injurious to a baby as to a kitten.

Those babies who have sufficient vital

strength to escape death under the baneful influences of these evils grow into childhood. Up to the age of six or eight they are allowed, usually, to indulge their natural desire for active play, though often, at this early age, many parents do the best they can to stifle this play instinct, possessed by every wholesome, healthy child.

How often is a parent heard to exclaim, "Come in out of the sun, Helen," or "Come away from those bad children, Maudie," and after having heard these commands it is not difficult to describe the appearance of the child in question. Under the influence of such rigid parental supervision, under the influence of this perversion of parental control, no girl can possibly grow into vigorous womanhood. The same weakness, sickness, lack of force that were the distinguishing elements in childhood become manifest as she grows to maturity.

The desire for play is so strong in most children that, notwithstanding great parental restraint, many of them manage to grow to girlhood with a fair degree of physical strength

and beauty. At the age of from eleven to thirteen girls usually present a pleasing appearance. They have bright eyes, ruddy cheeks, well-made, supple forms. At this age, however, more harm is done to the future welfare of womanhood than at any other period in life. Prudishness now seriously begins its most frightful work. That Gorgon horror, which manifests itself almost in babyhood, fills the child's mind with the idea that its body is to be despised as a vulgar, depraved thing. The average mother studiously avoids discussion of the subject of sex. She refrains from warning her child of the vulgar and body-destroying habits that so frequently wreck the bodies of our growing girls. What little knowledge a girl acquires in reference to these vastly important subjects is usually culled from vulgar associates. As a rule, she is also entirely ignorant of that change in her life which must come at puberty. Thousands of girls have been wrecked in health for life because of the need for knowledge at this particular time in life. Even when the manifestation of this new

condition does not create great mental disquietude, it arouses dangerous and pruriant curiosity.

The atmosphere of prudishness with which some parents surround their children often causes a girl to refrain from mentioning this change in her life. Who can estimate the evils that often result from this defiling secrecy? If a girl could go to her mother with honest, wholesome frankness, everything would be made clear and plain, but being afraid—even ashamed—of her condition, having been instilled with a base idea of the body and its functions, she avoids referring to it, and suffers in silence. Her mind often dwells unduly upon the subject, and, because of ignorance, unnatural habits are often established, which cause frightful havoc to her general physical health. These terrible evils are not confined to boys alone, as many are prone to think. Thousands of young girls injure themselves most seriously by these secret vices, and every mother who fails in her duty to her daughter under circumstances of this character is guilty

of a crime not much less serious than infanticide itself. She has allowed her daughter to murder the very best part of her physical womanhood, the very best part of her individuality, right before her eyes, without comment.

The average mother may neglect her plain duty in protecting her daughter from the defiling influences of prudishness, and the ignorance of sex that accompanies it, but she will never neglect to insist upon the necessity for a corset, and healthy and wholesome girls are forced to wear these baneful contrivances that have assisted in making physical wrecks of women since civilization began.

The corset is supposed to shape the woman's figure; it is supposed to assist in the process of adding to a woman's beauty, and mothers usually feel that one of their most painful duties is to insist, with all possible emphasis, upon the use of this vitals-crushing device.

No woman who uses her intelligence, who desires to study the physiology of the human body, can find a single reasonable excuse for forcing the use of this device upon a young



girl. I say "force" because I believe that there is hardly a wholesome, healthy girl who would wear a corset if it were not for the influence of motherly advice, if it were not for the false assertion that she could never become a "beautiful young lady" without its aid. Mothers are guilty of many crimes against their children, because of perverted ideas of health and beauty, but one of the greatest is unquestionably the influence they use in forcing their girls to wear this device.

A wrong female rearing, which culminates in our female seminaries, is one of the chief causes of those feminine deteriorations and complaints so common, yet fearful. Though many of them originate in the fashions, and many others in disappointed love, and still others again in excesses of married life and errors in confinement, yet the great proportion originate in wrong girlhood habits. Little girls are handsomer than large, and they than women; whereas the reverse should obtain. That chubby-faced, rosy-cheeked girl must be pressed into school almost as soon as she can

fairly walk, with her ambition stimulated by every possible motive; must not be allowed to play, because she might mix up with Laura Carpenter and Sarah Smith, who, though good girls, are below her in "social position"; must study before, at, and after school, and half the night in addition; sit most of her time, and in tight dresses, and "practice" hours daily at the piano, besides; and then be sent to the "Young Ladies' Seminary," to be imprisoned between brick and mortar walls; rarely allowed to go out, and then only with a drill teacher in front, and another in her rear, to see that every step is taken just so genteelly; must not even look out at her window, lest she flirt; and all to get an "accomplished education." If the education is accomplished, its young ladies' victims are not. Instead of true, genteel, young women, they become only bundles of mental and physical artificialities. Satan, if furnished with every means of injury, could have selected no agent of evil as effective as these female fashions, of which female boarding-schools are but an outgrowth, and one of our country's

greatest curses. They bury girls by thousands, and spoil them by millions.

“ This hot-house system must be remodeled. Fathers, mothers, and lovers, these darling maidens are too precious to be thus immolated by wholesale on this gaudy altar of false appearances. Let those who can trace out effects from their causes, think to what we are drifting; and let mammas remember that good food with plenty of exercise, less art with more nature, less toilet artificialities with more robustness, less study with more play, less paint with more oxygen, and less fashionableness with more womanliness, will render them incomparably more fascinating, and every way better than they now are. Young men, inscribe on your matrimonial banners: ‘HEALTHY GIRLS, OR NO WIVES.’

“ Puberty creates the great crisis in every female life. By developing girlhood into womanhood, it ushers in a new and greatly improved order of existence. The fullest preparation is, therefore, due it; along with every provision for rendering its most welcome ad-

vent every way successful. It is the event of feminine life. Though easily suppressed at first, yet once fully established, only some serious sexual errors can blight her. . . . If your darling daughter is of any account, as you love her, and would render her loveable and happy throughout all her future, see to it that she passes through this trying ordeal just right. Pre-inform her as to this prospective condition, and tell her what to do, and what not, on attaining it. This mock 'im'-modesty must soon give way before advancing knowledge and individual self interest. It has ruined darling girls by myriads. Let it not ruin yours.

“ Is it any wonder that most of them blight more or less at this eventful period, become irregular, and full of aches and pains, with weak voices, with too little life-force to develop into womanhood? Their restoration is possible, but doubtful, because the blighting cause is redoubled. Their fountain-head of every feminine instinct is stifled. Too pale or red, too fat or lean, they look awful, though

distressed to death. Their female loveliness and charm have perished, and their light-hearted buoyancy is turned into despairing sadness. They are spoiled, like dough half risen, and fallen just as it began to rise. What marriageable or womanly attributes remain? No wonder girls, naturally so angelic, degenerate thus. Poor, victimized creatures! Not themselves the cause, but good, willing, obeying implicitly, they are immolated on the altar of a 'genteel ruination.' And all that they may study 'Butler's Analogy,' of no more practical life-use than chewing sawdust; as is much besides of this 'full course' of girl-slaughter. If it promotes femininity, let her learn it, let her swallow it whole. Principals, where are your eyes and senses? Where is even your sympathy? Parents, weep tears of blood over this wholesale ruin of these 'birds of paradise.' 'A full course' spoils nearly all, but substituting exhausting study for invigorating exercise. Almost all girls blight before they graduate."—*Prof. O. S. Fowler.*

Probably half of the baby girls, born with

the right to live to maturity, with the right of health, strength, and beauty, on to adult life and to old age, are able to reach the age of mature womanhood alive. The defiling and destructive influence of civilization is too much for them. Over half of them die. Enumerate all the evils which girls must encounter, you mothers and fathers, give them serious thought, and you may conclude it is really remarkable how some girls are able to reach adult life even in a weakened condition. Thousands upon thousands grow to the age denoting womanhood without possessing the instinct of a complete woman. They are absolutely devoid of the instincts of sex, which is an important part of real womanhood. Their bodies have been crushed, distorted, maltreated, to such an extent that all those signs which denote sex have been practically obliterated.

Who is to blame for these sexless nonentities, who grow up to a mature age, and yet never mature? Who is to blame for the sexual starvation manifested in every lock, every line, and every action of these poor specimens of

humanity who exist, but who do not live?

The whole category of evils that I have enumerated are born and fostered in the kindergarten of prudishness. That is the Gorgon horror, the primary school, that leads the way to all the conditions which make wrecks of women.

"Innocence, that as a veil  
Had shadowed them from knowing ill, was gone."  
—*Milton*.

## CHAPTER IV.

### THE CURSE OF PRUDISHNESS.

I have stated that prudishness is the kindergarten of all the evils which follow. It is made a part of life almost from babyhood. It is instilled in a girl from the very moment she is capable of thinking. It follows her as she grows. It becomes a part of her. It clings to her, and influences and molds every part of her life. It is taught at home, and at school. When all these facts are considered, can one wonder at the results that accrue from this horrible curse?

I have said that its evil influence begins in babyhood. From the first moment that a mother teaches her child that its body is a shameful thing, at that moment does the curse of prudishness begin its work. How religious



persons can maintain that the body is a "shameful thing" when their own Bible teaches that it was made in the image of God, is beyond my comprehension. It is this depraved idea of the body which causes it to be so defiled. All this may be the product of religious fanaticism, which looks upon all pleasures as evil, but, regardless of where this perversion of the human mind originated, it is one of the greatest evils that confronts civilization to-day.

I have no desire to do away with clothing, though from a standpoint of health, during the heated seasons, it would probably be beneficial. From the very moment that clothing is adopted to hide nakedness, and to avoid colds—not to maintain warmth, mind you—then is the restraint begun which seriously interferes, not only with all muscular movements so necessary to health and vigor, but also so covers the body that delicacy and weakness not infrequently result. Clothing should be worn for warmth only.

It is prudishness, the want of clean minds in

parents, which causes girls in short dresses often to be ashamed of playing with boy associates. It is prudishness which teaches the necessity for dignity in the girl before she has thrown aside short dresses. That is this false shame which frequently prevents their indulging in the romping play so necessary to the development of their bodies.

The baneful effect of this evil has had its influence all through babyhood and childhood, has restrained parents from instilling their girls with wholesome truths in reference to her body; but, as stated in the previous chapter, the terrible consequences of this evil are usually manifested at puberty. There is where prudishness steps in, and causes mothers and fathers to neglect their imperative duty. There is where this defiling influence is shown in its most terrible light.

How a mother or father can stand unfeelingly by while their daughter is struggling in the throes of evils, which she must combat alone and unaided, is beyond the comprehension of any thinking, humane person. Yet

such is the influence of this depraved and perverted idea of the human body that parents have deduced the incomprehensible conclusion that ignorance is innocence. There might be some excuse for this, if it were possible for a girl to remain in ignorance of sex, and of its conditions and influences. But how many girls are able to grow up in such absolute ignorance? Why should they be expected to? How would it be possible for a well-sexed, healthy girl, to grow up and absolutely to ignore this part of her nature?

Let any well-sexed mother ask herself if she passed from girlhood into mature womanhood in ignorance of this part of nature. She will unquestionably be compelled to admit that knowledge in reference to this sacred subject, which she should have obtained from her own mother's lips, was obtained, distorted, vulgarized, by comments from the lips of chance associates, whose minds were far from clean.

Prudishness is another strong lever in forcing a young girl to wear a corset, and mothers usually make good use of it. The mo-

ment there is an indication of the bust development, a young girl is instilled with the idea that it would be extremely immodest for her to go without a corset, and this is used as an additional means to force her into this abominable and health-destroying habit.

All through life this curse of prudishness exerts its defiling and health-destroying influence. From babyhood to death it is the means of assisting toward physical decline. The long skirts, heavy clothing, heavy costumes of all kinds, which seriously interfere with muscular movements, are created and perpetuated by the prudish demands of conventional society.

“ A Man’s *Nature* runnes either to Herbes, or Weeds ;  
Therefore let him seasonably Water the One, and De-  
stroy the Other.”—*Bacon*.

## CHAPTER V.

### SELF-ABUSE.

You mothers and fathers who labor under the delusion that you are civilized, awake to your imperative duty. Are your daughters familiar with the physiology of sex? Or is this subject veiled in degrading and corrupting secrecy? Must your daughter’s knowledge of sex be procured from vulgar and degraded associates, or must she procure these plain truths from wholesome books, or from the lips of her parents? If she secures this knowledge from proper sources, it is not associated with the dirt and scum of filthy vulgarity; it is simply a part of Nature’s wonderful plan; but if, behind closed doors and whispered in hushed tones, she hears from the lips of one already contaminated by the results of purient curiosity and

depraved ignorance, she, too, is defiled. She, too, feels a blush of shame at the slightest allusion to anything of an erotic nature.

I am not able from personal experience to state to what extent self-abuse is prevalent among girls. I know you can see its victims everywhere. Their white faces, thin voices, lusterless eyes, and emaciated or obese bodies, tell the tale more plainly than words ever could.

Prof. O. S. Fowler, who spent his life lecturing and writing on these subjects, has accumulated some facts in reference to the prevalence and terrible influence of this habit, which should make every lover of life, liberty, and health gasp with astonishment. I quote from him the following:

“What? So defiling a habit contaminates our daughters? Yes, alas, our very daughters. They are dying by tens of thousands, ostensibly of consumption, female complaints, nervous or spinal affections, general debility, and other ailments innumerable, even insanity, caused solely by this practice. A young woman, aged twenty-two, came under my care, in a state of

the worst form of insanity. She was furious, noisy, filthy, and apparently nearly reduced to idiocy; had been in this condition many months, and continued so for some time while with me. She was pale and bloodless, had but little appetite, frequently ejected her food, and was reduced in flesh and strength. Finding her one day more calm than usual, I hinted to her the subject of masturbation, and informed her that, if she practised it, she could not get well; but, if she abandoned it, she might. She did not deny the charge, and promised to follow my advice strictly. In two or three weeks she was perceptibly better; her mind improved, as her health gained, and both were much better in the course of a few weeks. The recovery was very rapid in this case. At the end of six months she had excellent health, was quite fleshy, and became perfectly sane, and continued so.

“Six mothers, in one city, consulted me professionally about the causes, and remedy, of their daughters’ inability to study. Each was told ‘self-abuse,’ which each girl confessed,

and accused Mary B., a schoolmate, of having taught her this practice. How many others did this 'black sheep' probably teach, and ruin?

"Its effects upon mind and body are most appalling, and it behooves all who have the training of the young to forestall the practice, if possible.

"Female factory operatives practice it to an alarming extent. Even little girls thus abuse themselves. A woman said a girl in her neighborhood had just died from its effects, and that the female operatives in a neighboring factory practiced it almost universally, as she learned from one of them. She named other factories in which it was hardly less prevalent. Little girls below their teens thus abuse themselves, and the practice is alarmingly extensive among the fairest portion of creation.

"A minister and his wife brought their darling daughter, of eighteen, who had yet no signs of womanhood, whom they desired to fit for teaching, to ascertain why she was too weakly to study. When told 'masturbation



from childhood,' they were first confounded, then enraged. When appealed to for the actual truth, she confessed, and told what servant-girl had taught her, but who had not been in their family since this girl was six years old.

"The superintendent of the St. John's N. B., Lunatic Asylum pointed out the daughter of a minister, brought there by this vice.

"A Baltimore merchant consulted me for the extreme nervousness, moodiness, and hysteria of his wife, for fear lest if she bore she might die in child-bed, and utterly destitute of this passion, she herself attributing it to this early sexual error.

"A grass-widow, having two living husbands, one a splendid man, 'forsaking the use of the man,' preferred this solitary vice, which had rendered her intensely morbid.

"An M.D., at the head of one of the ablest medical colleges of Philadelphia, and who has long had a very large city practice, making the diseases of women and children his specialty, declares, as the summary of his observations, that five-sixths of the female complaints he

treats are caused by this habit, and that he knew girls only four years old addicted to it. Astounding, but his precise statement. This incalculable amount of feminine sexual decline and disease must needs have a cause commensurate with their extent and aggravation. Woman, 'who hath bewitched you, that ye should' thus depart from the paths of delicacy, health, and happiness?

“ ‘The empire which this odious practice gains over the senses is beyond expression. No sooner does this uncleanness get possession of the heart, than it pursues its votaries everywhere, and governs them at all times and in all places. Upon the most serious occasions, and in the solemn acts of religion, they find themselves transported with lustful conceptions and desires, which take up all their thoughts.’

—TISSOT.

“ It dwarfs the entire female organism, pelvic, facial, and bodily; arrests the growth of breasts and nipples, and saps the entire sexual nature at its tap-root. It is the chief cause of the obstructed and painful menstruation of the

misses of these days of ailing girls. By arresting sexual development, it makes youth of both sexes look and act like boys and girls long after old enough to be young men and women.

“ It weakens and sickens love, that heart’s core of marriage. All our appetites are governed by our needs. When we require food we crave it, yet loathe it when it will injure us; and thus of exercise, sleep, etc., and thus equally of love and marriage. As that stomachic state which unfits us for eating turns our appetite into loathing of food, so whatever unfits us for reproduction weakens love, and loathes marriage. Self-pollution does both. It creates sexual dyspepsia, sexual nausea.

“ It dwarfs the sexual organs of both sexes, because it weakens that mental element which creates them, and governs their size.

“ Those girls who love to fondle, hug, and kiss their father, and be fondled, are pure; but those who show a shy, offish, mawkish, squeamish shame, shocked, repellant feeling, when he kisses or fondles, are impure; unless ashamed out of this mode of expression.

“Such fail to develop into womanhood, suffer at their monthly periods, are flat-chested or else fat-bosomed, lose that female glow which draws gentlemen around them, and hence are neglected; are too bashful, prefer to be alone, shrink from company and gentlemen, are easily disgusted, and hard to please in suitors, are extremely nervous and irritable, and have the sexual vertigo. This habit, by having impaired bearing capacities, impairs all else feminine about them; all that attracts the other sex. Nature will be natural, in this as in all else, and has emphatic ways of asserting her own rights.”—*Prof. O. S. Fowler.*

After you have read the startling indictment against this evil, recall to mind the indisputable fact that every child which associates with other children of its own age learns from the lips of older associates the vulgar, distorted views of sex propagated by the prurient curiosity which results from the studied avoidance of these subjects by parents and teachers.

If the Omnipotent Power would rise and give deserved punishment to all who had

crushed health, spirit, and destroyed life, by neglect of their plain duty in this regard, many a proud head would be bowed down to the dust, many now in high places would be occupying prison cells or be receiving just punishment in another and warmer sphere.

I have no sympathy for prudes. They are murderers of womanhood and manhood, propagators of degeneracy and crime, and I would take grim pleasure in seeing every last one of them struggling in the throes of death at the end of a hangman's noose, for then the development of true womanliness and manliness would progress unretarded by their depraved minds.

“ So rose the Danite strong,  
Herculean Samson, from the harlot lap  
Of Philistean Delilah, and waked  
Shorn of his strength; they destitute and bare  
Of all their virtue: . . .  
Love was not in their looks, either to God  
Or to each other.”

—*Milton.*

## CHAPTER VI.

### MARITAL EXCESSES.

Marriage is a physical union. No matter how intense may be the regard which influences this union, it is still founded on a physical basis. If this be true, then natural instinct is its guide.

Does a woman ever stop to ask why she “falls in love?” Can she define why a certain man is able to awaken this love? She cannot. It is simply a matter of instinct, a matter of intuition. She knows simply that a particular man is able to influence her strongly, and that this influence is of a pleasant nature, therefore the desire for marriage is created by a physical instinct. This is its guiding star.

Now, if poor physical health is possessed, this instinct, so necessary as a guide to and in marriage, lacks acuteness, and is often so benumbed as to be almost, or entirely, destroyed.

Women come in contact with many evils before marriage that prevent the body from being strengthened and developed, but when this divine state is entered without possessing the sex instinct strongly developed she again comes in contact with seriously weakening influences, namely, the perverted theory of marital rights. She enters this new condition thoroughly imbued with this false conclusion as to her duty.

According to the modern idea of marriage a woman becomes a man's slave. She is supposed to yield to his every desire. She enters this condition believing this false deduction, and her only protection is her own instinct of sex. When this instinct is deficient in acuteness she suffers. Excesses are bound to result that bring on serious weaknesses.

With the instinct of sex benumbed or crushed out by the corset, and with the weakened organs that are the result of abnormal pres-

sure throughout life, what can possibly be expected except weakness, and at times permanent invalidism, if she enters the marital state and endeavors to fulfill its conventional requirements?

How many young women marry possessing health and strength above the ordinary, and in a short time begin to decline! How many enter it, and in a short time find that their health is permanently shattered! Let each reader testify, let each call to mind the numerous instances in her own life where such results have been noted.

What is the cause of this? Some unnatural influence must be at work to bring about such frightful results. Many of these victims die of consumption and other ailments, but the general physical decline which made these diseases possible was brought about by sexual excesses, and this excess is made possible only by the lack of acuteness of that instinct of sex which every woman should possess in all its intensity.

There can be no happiness in married life when the full acuteness of the normal sexual



instinct is lacking. Sexual excess is bound to result under these conditions. This excess in time destroys the love of a husband for his wife. *A wife who desires to retain and increase a husband's love must compel him from the first to respect her womanly instinct in this way.* If she does not possess this instinct in all its normal acuteness it is a crime for her to marry without developing it. This can easily be done in nearly every case by simply following the system of exercises illustrated here. These exercises were originated for that particular purpose, and in every case they will bring about a more normal and more vigorous condition of the sexual organism.

“Nature wisely provides for the restraint of all other excesses, and in a matter so important as this her laws are just as clearly defined as elsewhere, and the penalties inflicted for violation thereof equally certain and severe.

“Sensuality leads to excessive indulgence. Platonic love is the first, greatest, and most important remedy to adopt. Keep your mind pure, your thoughts and affections continually

upon the highest plane. Center them upon the mental, intellectual and moral excellences of your conjugal partner. Let them thus spend their strength to the benefit of both, and the injury of neither, and the animal part of your nature will be easily controlled. There is no doubt that the husband is oftenest to blame in this respect, and he should remember that.

“Woman is the final umpire as to its frequency. Following her lead will usually conduct all to matrimonial harmony, ignoring it to discord. ONLY A HEALTHY WOMAN HOWEVER, WILL DECIDE RIGHT; though a husband who tenderly loves a delicate wife will find no difficulty in being continent, because he loves her too well to subject her to what would be injurious to her.

“Intercourse during pregnancy and nursing is a most flagrant violation of natural law by every principle, every fact bearing on it. Impregnation, the only mission of intercourse, has already been fulfilled; so that it can subserve no end but sensual gratification. Woman is its sole umpire as to its when, how frequent

and whatever appertains thereto. Though her promptings should not be ignored, yet her 'desire' then is abnormal, and caused by sexual inflammation. Not one voluntary instance occurs throughout the entire animal and feathered kingdoms. As a rule, all females then repel it with whatever of force and fierceness they possess, fighting nothing with equal desperation. This fact is full of meaning. Is the human female an exception? Does she not propagate throughout by the same identical means as they do?"—*Prof. O. S. Fowler.*

“ She shall be sportive as the fawn  
That wild with glee across the lawn  
Or up the mountain springs.”

— *Wordsworth.*

## CHAPTER VII.

### CRUSHING THE PLAY SPIRIT.

In previous chapters I have referred to the inclination of parents to crush the childish desire for play. This natural instinct, created in every growing girl, should be allowed full vent. In all the animal world, whether human or otherwise, there exists this play instinct. If it were not for this natural desire, possessed by every child, there would be small chance for it to grow into vigorous womanhood. This desire for play is the muscles crying out for use. Nature demands that they should be used. The muscles crave for it, and parents who use their every endeavor to crush out this spirit, who restrain their child from giving vent to this natural desire, commit an unpardonable sin. Thousands of delicate, frail women owe

their ill health and general physical weakness to this one cause. They charge themselves with their physical weakness and the miserable failures they have made of life, when the full blame of their suffering should be borne by parents. In their case muscles were expected to develop without use. Their bodies were expected to grow strong and shapely though inactive, and they reap the frightful harvest of parental ignorance, that can be justly termed criminal.

Many parents bemoan the ceaseless desire for activity in their boys and girls. They should bemoan the manifestation of any other condition.

Whenever children have no desire for muscular activity, when they are apparently satisfied to sit quietly and read or study for many hours each day, they are usually suffering from weakness or actual physical defects.

Precocious youths seldom amount to anything. The sooner maturity is reached, the sooner decay begins, and parents who encourage their children in every way to develop pre-

precious talents, are not only taking years from their lives but are actually sacrificing to the gratification of pride a certain degree of the health and strength of their offspring in order to secure this premature manifestation of ability.

It requires no vivid imagination to describe the influence upon the body of thus crushing these natural instincts. A girl born with all the necessary vigor for the development of a beautiful figure, fine limbs, well developed arms, superb bust and a carriage and grace of movement which would be admired by all, might, if deprived in youth of this natural use of her muscular system, easily arrive at maturity and fail to possess one evidence of womanly charm. There might be no brightness in her eye, no ruddy color in her cheek, no beauty in her form, or suppleness in her body.

And why should there be, if she has broken one of the most imperative laws of Nature, a law which demands the use of every bodily power, and ugliness and weakness are the penalties dealt out as punishment?

“Let, then, winged Fancy find  
Thee a mistress to thy mind  
Dulcet-eyed as Ceres’ daughter  
Ere the God of Torment taught her.  
How to frown and how to chide;  
With a waist and with a side  
White as Hebe’s when her zone  
Slipped its golden clasp and down  
Fell her kirtle to her feet.”

—*Keats.*

## CHAPTER VIII.

### CORSETS.

The use of the corset is as old as civilization. Look back in ancient history and we find that womanly beauty even in those days was distorted and prematurely destroyed by the aid of this body-crushing device. And its use was indicative of degeneracy. Dr. Anna M. Galbraith says:

“When the moral fiber of the Greeks grew lax, the courtesans set the fashions, and dress was used to display rather than to conceal the figure. And in order to make the hips more prominent the waist was constricted by a many-layered belt. At the same time the use of cosmetics was introduced.

“Some of the medieval belles were not satisfied with the ordinary methods of lessening the size of the waist, and there are specimens even to-day of corsets made of iron that were worn by women in those times.

“In the twelfth century the Anglo-Saxon women in their loose garments were indebted to the Norman ladies for the introduction of ‘stays,’ and the fashion of tightly lacing the body with a robe laced down to show its undulations, as well as the use of cosmetics. Thus, for seven centuries the French court, or its representatives, have been the acknowledged leaders of fashion.

“In the fourteenth century the Emperor Joseph, of Austria, became so alarmed by the fascinating lures thrown out by sirens for the capture of mankind, that he issued a special edict, forbidding the use of the corset in all nunneries and places where girls were educated; and called upon the Church to aid him, threatening excommunication to those evil-disposed damsels who should persist in operating on their waists. The College of Physicians of



that day took up the subject with activity and zeal, and dissertations upon the evil of tight lacing were scattered broadcast.

“ The sixteenth century was indebted to no less a personage than that forceful queen, Catherine de Medici, who made France to flow with blood, for the invention of a corset which resembled in more than looks that instrument of torture, ‘ The Machine Virgin of the Inquisition.’ This corset was made of steel, and was as inflexible as a suit of armor, and like a warrior’s breast- and back-plate, consisted of two pieces. It opened longitudinally by hinges, secured by a hasp and pin, made like an ordinary box fastening. In the front and back a rod or bar of steel projected in a curved direction downward, and on their bars depended the adjustment of the long-peaked body of the dress and the set of the skirt behind. Perhaps it was just a little due to these same corsets, and also to the fact that during the forty years in which she ruled at court, a thirteen-inch waist measure became the accepted standard, that this queen died ‘ universally execrated.’

“The Renaissance, marked by the accession of Henry VIII., gave birth to the general style of dress that still holds to-day. But at just what period our brother man became emancipated from the corset we are not told. Be that time when it may, he seems to be getting along to-day bravely without it. Although doubtless, at first, when his corset was taken from him he, too, felt that he had lost the best bone in his body.”—*Anna M. Galbraith, M.D.*

Women will subject themselves to almost any condition, no matter what suffering it may entail, if beauty is supposed to be the reward.

Everywhere, and in all conditions of society, corsets are supposed to be necessary to beauty. They are supposed to be a part of beauty. In fact, according to the conventional world, beauty is enhanced by the corset. If we take the modern depraved standard of beauty—the standard as represented by fashion papers, the standard as represented by those who know almost nothing about the normal shape of a living, breathing woman—one must admit that the corset is necessary to beauty.

“Inconsistency, thy name is woman” is a quotation that has been frequently used, but it can be applied with equal truth to man. All men, and in fact all women, admire the statue of Venus de Milo. In her sculptured outlines there is manifested all the beauty and vigor that any woman could possibly desire, but notwithstanding the fact that all admire this superb exemplification of physical womanhood, there is not one who would be proud of a waist of similar proportions.

It is woman's universal desire to decrease the size of her waist that has created and perpetuated the corset. All men, and all women, admire small waists. In fact, a reasonably small waist, where it has the natural curves, is a sign of beauty, but a waist made small by the corset can never, under any circumstances, possess the natural curves of the body.

Not only the waists, but the bodies of women, in recent years have grown large and more vigorous. Delicacy is no longer a sign of beauty. The delightful mystery that surrounded a delicate invalid, in years gone by,

has been solved. No one raves any longer over the "morbidezza" beauty. Intelligent people realize that this invalidism is, in truth, "morbid" and unnatural—the result of simple causes—lack of exercise, over-eating, etc.

Our colonial ancestors believed in small waists. The conventional standard of that day, in what was called society, would unquestionably resemble very closely many of the specimens of perfection displayed in our fashion journals of to-day. Then Divine Providence was to blame for all weakness and sickness. Invalids were interesting probably for the reason that they were of sufficient importance to be noticed by the Omnipotent Being.

"No evil equals that of curtailing this maternal supply of breath; nor does anything do this as effectually as tight lacing. If it were merely a female folly, or its ravages were confined to its perpetrators, it might be passed unrebuked; but it strikes a deadly blow at the very life of the race. By girding in the lungs,

stomach, heart, diaphragm, etc., it cripples every one of the life-manufacturing functions, impairs circulation, impedes muscular action, and lays siege to the child-bearing citadel itself. By the value of abundance of maternal vitality, air, exercise, and digestion, is this practise murderous to both. It often destroys germinal life before birth, or soon after, by most effectually cramping, inflaming, and weakening the vital apparatus, and stopping the flow of life at its fountain-head. It takes the lives of tens of thousands before they marry, and so effectually weakens and diseases as ultimately to cause the deaths of millions more. No tongue can tell, no finite mind conceive, the misery it has occasioned, nor the number of deaths, directly and indirectly, of young women, bearing mothers, and weakly infants it has occasioned; besides those millions on millions it has caused to drag out a short but wretched existence. If this murderous practise continues another generation it will bury all the middle and upper class of women and children, and leave propagation to the coarse-grained

but healthy lower. Most alarmingly has it already deteriorated our very race in physical strength, power of constitution, energy, and talents. Reader, how many of YOUR weaknesses, pains, headaches, nervous affections, internal difficulties, and wretched feelings were caused by your own or mother's corset-strings? Such mothers deserve execration."—*Prof. O. S. Fowler.*

“The secret of the failure of anathemas to remove the corset from woman's dress is manifold. First, for the most part they are hurled against tight-lacing; and, although great distortion of the body due to corsets has been found after death, deep grooves in the liver caused by the pressure of the ribs, and, in a few instances, the left lobe of the liver has been found to be nearly separated from the right, these must all have been curious *post-mortem* changes. For that woman has never yet been found who laced at all. Second, habit breeds custom. Women, or rather girls, wore corsets because their mothers had worn them; while their mothers had grown so accustomed

to this grotesque deformity, and the true ideal of beauty was so completely buried in oblivion that mothers encouraged their daughters to put them on while young, so as better to mold the figure. Third, for the most part, woman has been allowed to sin ignorantly. Anatomy and physiology, with still less hygiene, as taught in girls' schools, were a merest smattering. She has known that she was the unhappy possessor of certain organs, but in what way they acted, or where they were located, was quite another matter. In the fourth place, she was led to believe, by some of these very same men, that she was a victim to her functions; a woman, ergo, an invalid. And, lastly, gymnasiums for women are only just old enough to show that the physical deterioration caused by centuries of improper modes of dress and life can, to a great extent, be overcome, and that the question of her physical development lies in her own hands."—*Anna M. Galbraith, M.D.*

“A Turkish woman once told a missionary that she never knew what it was to be sick until she became a Christian and wore corsets.”—*Anne Jenness Miller*.

## CHAPTER IX.

### CORSETS WEAKEN DIGESTION.

One of the most pernicious results of the use of corsets is their weakening influence upon the organs of digestion and assimilation. Every one is aware of the fact that the blood is the source of power in every part of the body. Many do not know, however, that every involuntary function of the body is practically a muscular process. Take a morsel of food, for instance. It is masticated by the muscles of the jaws. It is swallowed, and forced down the gullet, into the stomach, by muscles. It is churned and forced about the stomach, in the process of digestion, by muscles of the stomach, and all through the digestive tract this muscular process is continued.

Now, as the blood is the source of all power,



it will require no complicated process of reasoning to conclude that all these muscles, so essential to the performance of digestion, secure their strength from the same source. When the waist is constricted with the ordinary corset, as is usual, the circulation through these vital functions is seriously retarded. The muscles which carry on the digestive process are not properly nourished under these circumstances, and they become gradually weaker, resulting in numerous digestive ailments, from which every woman suffers when the use of the corset has been continued year after year.

The corset not only interferes with the circulation of the blood necessary to carry on the vital functions of digestion, but it seriously interferes with circulation through the lower limbs and every part of the body around and below the waist line. The waist line itself is often covered by a quantity of calloused flesh, that has been created by Nature to protect the exterior surface from the abnormal pressure that has been used. This condition is present

in nearly every case where the waist has been laced in to any great extent.

Corsets interfere with the performance of every vital function. A corset wearer cannot possibly breathe naturally. In natural breathing the abdominal walls at the waist line rise and fall, but the restriction of waist makes this impossible. The chest and bust of a corseted woman will rise as the breath is inhaled, and fall as it is exhaled. She cannot possibly breathe naturally while wearing this device. Corset victims acquire a habit of breathing in this way, and the lower part of their lungs are rarely used.

There is no need to describe the important offices performed by the lungs. There can be no pure blood circulated throughout the body unless the lungs are in proper condition, and the evil effects of thus curtailing the supply of pure blood hardly need emphasis. The greater the lung capacity, the more of the lungs used, the purer will be the blood supply; the more rich it will be in those elements needed to nourish and strengthen the body, and every woman

who has sacrificed a certain amount of her breathing capacity through the use of the corset has diminished the strength and beauty of her body by creating this result.

“A deformity is defined as any considerable deviation of the body from the natural form, as a clubfoot, a humpback, or a furrowed waist. No good artist will paint the laced figure. The subject must first hide with draperies what the artist considers a hideous deformity.”

## CHAPTER X.

### THE CORSET DESTROYS BEAUTY.

If beauty was recognized solely by small waists, it might be acknowledged that the corset would enhance it while worn. It would be well to remember, however, that in just the proportion that a woman decreases the size of her waist to a similar degree does she lessen her vital strength and her power to retain and increase every other element of beauty.

“When traced to their original sources we find that all the extremes of fashion were made either to conceal some deformity of the figure, or to give to a part of it undue prominence, as in the case of the corset, which was instituted at a time when clothes were not

wanted for the concealment of the person, but for its display. The ruff grew out of a scrofulous complaint on a royal neck, the hoop-skirt to hide the *enciante* condition of a French queen.

“ The pity of it is, that woman, for all these years, has purposely sacrificed health to the corset in order to increase the beauty of her form and enhance her charms, and has only succeeded in producing a horrible distortion. In addition to the deformity, there is a loss of suppleness in the natural torso, and, by damaging the health, a loss of facial beauty. By the diminution of the physical capacity, which it causes, it lessens the mental ability, while it increases the mortality. It renders woman more impressionable than strong, transforming her into a feeble dependent.

“ When she affirms that she cannot sit up or go without the support of a corset she presumes to affirm that she is the one creature that has been launched upon the world so ill-constructed that a prop is required to support its weight. Man donned the corset for the

same reason that woman originally did—to increase the beauty of his figure, but finding it in his way he threw it off, and now gets along much better without it.”—*Anna M. Galbraith, M.D.*

Beauty depends upon health. Health depends upon pure blood. Pure blood depends upon good digestion and strong lungs. I have explained in previous chapters how the digestion was weakened, and the strength and capacity of the lungs lessened, by the use of corsets. No reasoning human being who gives the matter serious and unprejudiced consideration can avoid admitting that the corset, even if worn to a moderate degree of tightness, injures and weakens generally the lungs and digestive organs. Therefore, if this is true, the blood is deteriorated by the influence of the corset, and every organ of the body suffers. The arms and limbs will not be so strong. They will not be so symmetrical in shape. The skin will not possess the same superior color. The eyes will not have the same degree of brightness, and the complexion—which is so highly

valued by every young woman—will be influenced adversely by this same condition.

Of course all these evils resulting from the corset evil will not appear immediately. Time is necessary to produce them, but they will come just as sure as day follows night, if tight lacing is long continued.

Corsets not only ultimately destroy the symmetry and beauty of the arms, limbs, back, and other part of the body, but also ruin the beauty of the bust. Artists everywhere state that it is extremely difficult to secure a model whose bust has not been malformed by the corset. The corset holds the bust above normal height, and naturally weakens the muscles and tissues which perform this office. Furthermore, the use of the corset, when one is inclined to flesh, tends greatly to increase the size of the bust, and weakened muscles are thus compelled to hold this additional weight, with the result that but few women possess a normal bust at full maturity. Even before this age the symmetry of this part of her body is often ruined. Many women state that they retained the firmness and beauty of the bust un-

til after their first child was born. They seem to have the impression that motherhood means, in all cases the destruction of this sign of beauty in a woman. There is no greater error. I met on one occasion a mother of five children, past thirty, and her breasts were as firm and as well shaped as in early youth. No corsets had malformed and weakened the muscles that held her bust in a normal position, and she was able to retain their youthful symmetry. Most women lose the symmetry of their busts when motherhood is first forced upon them, simply because of the weakened condition that they have produced by continually supporting the breasts.

Not only does the corset exert a baneful influence upon the elements of beauty mentioned above, but suppleness and grace of bearing, that yielding pliancy of figure so necessary to beauty, will in time be absolutely destroyed in every instance where the corset is worn continually. There is no grace in a lamp-post, and grace cannot exist where there is stiffness and inability to bend the body as Nature intended.



"Nature does nothing in vain; the Creator of the universe has appointed everything to a certain use and purpose, from which, if it in the least deviates, it becomes unfit to answer those ends for which it was designed."—*Steele*.

## CHAPTER XI.

### THE CORSET INCREASES NATURAL SIZE OF WAIST.

This is rather a startling statement. At first thought the average reader may laugh at such a conclusion. The corset is supposed to decrease the size of the waist, and so it does while the wearer is young. Any one who gives careful attention to the argument here set forth can hardly fail to admit that in time the corset actually increases the size of the waist.

What is the result of corset-wearing upon the muscles surrounding the waist line? These muscles are placed there for a purpose. They hold the contents of the abdomen, perform important offices in bending the body from the waist, and give shape to that particular part. Now, whether the corset is worn loose or tight, it greatly weakens these muscles. The stiffness of the corset, if it does not entirely pre-

vent bending at the waist, does make such movements far more difficult. The contents of the abdomen are practically held by the corset, instead of the muscles of the abdominal walls; thus all these muscles are weakened not only because of the pressure that retards circulation, but because one of their main uses has been replaced by the corset. Muscles are strengthened by proper use, but when any substitute is used to lessen the normal efforts that may be required of a muscle, the result in every case is a weakening of this particular muscle. This applies with equal force to the muscles around the waist line.

While a woman is young, and has advantage of the vitality and vigor that is usually a part of early youth, the use of the corset unquestionably tends slightly to decrease the size of the waist. The contents of the abdomen accustom themselves to pressure and naturally grow smaller or become misplaced, but as the years creep on, as vitality and strength begin to wane, the internal organs rebel and begin to increase in size. These organs frequently become diseased. The greatly weakened abdom-

inal walls become incapable of properly holding the contents, they begin to distend, and thus even in early maturity the small waist of early youth has grown so large that the corset becomes an actual necessity.

I believe it was Father Kneipp, the famous priest and hydropathist, who stated that if God had intended women to wear corsets they would have been born with corsets. In reality, they are born with corsets. The ribs of the body form a complete corset, and there is no need for any other. They give shape to the body, and cannot possibly be improved upon, if the body is given proper use. If the muscles are developed, strengthened, beautified, this part of the body would be as symmetrical and as beautiful as any other part. There is no woman who has laced for any great length of time whose body is not in a horribly distorted condition at the waist line, and the very object for which these corsets are worn is defeated in the end in every case, for the ultimate result of a tightly laced waist is not only distortion and weakness, but ultimately a vastly increased size in this part of the body.

“Better hunt in the fields for health unbought,  
Than fee the doctor for a nauseous draught;  
The wise for cure an exercise depend—  
God never made his work for man to mend.”  
—*Dryden.*

## CHAPTER XII.

### THE CORSET AGES WOMAN PREMATURELY.

It will require but little effort to prove beyond all possible doubt the statement made at the beginning of this chapter. Premature old age can be brought on by the intemperate use of the corset as quickly as by serious dissipation. Anything which tends to lessen the vital strength, to retard the body in the development of its greatest strength and health, will in every case hasten the aging process.

I have shown in a previous chapter how the corset interferes with the circulation, how it lessens the lung power, how the virility, the strengthening influence of the blood, is lessened by its influence. Is there any further proof needed to show that old age will be induced prematurely by all this?

There is still another evil result produced by

corsets, which always hastens the coming of senility. Activity is not only the law of life and health, but it is a part of youth. The moment one ceases to be active, the moment a woman allows her muscular system to stagnate, at that moment she begins to age speedily. No one can question the conclusion that the corset seriously interferes with activity. When the body is constricted in this device there is no desire to exercise in any way. A movement of any kind requires far more effort under these circumstances. She cannot bend her body, even to walk fast sometimes requires a great effort, and chronic corset wearers in nearly every case become lazy, disinclined to activity of any kind, and every muscles of the body gradually degenerates, becoming soft and flabby, and because of all this.

You cannot remain young unless you act young and feel young; so, if you expect to enjoy the advantage of suppleness, beauty and strength of youth, the corset must in every case be avoided.

"Death stalks behind thee, and each flying hour  
Does some loose remnant of thy life devour."  
—*Dryden.*

## CHAPTER XIII.

### THE CORSET DESTROYS WOMANHOOD.

It may seem to my reader that there is no need to arraign the corset further. I have apparently included every evil which it might produce, but all the health-destroying results previously mentioned are as nothing compared to the charge that heads this chapter.

Who will deny the assertion that four out of every five women suffer from sexual weaknesses? But few women can be found who are not continually treating themselves or being treated, either locally or constitutionally, for these particular troubles. What is the cause of all this misery, weakness, and disease? Was woman born to suffer in this way? Does Nature demand this sacrifice of her?

I answer "no!" with all possible emphasis. Disease in every case is the effect of a cause. There is no woman who suffers from disease

or pain of any kind who is not paying the penalty for sins committed against the laws of Nature.

All these horrible operations, all these female complaints, which fill the lives of thousands upon thousands with despair, are made apparently necessary by the corset, and the weakness and inactivity which result from its use.

Can an arraignment more terrible be brought against this device? If there was no otherly earthly excuse to condemn it, this one should be sufficient to drive it to oblivion.

Does the reader doubt this dreadful accusation? If so, follow me further.

I have shown in previous chapters how the corset interferes with circulation, how it depresses arteries and veins, and seriously restricts the circulation of the blood to and from the heart. I have explained how every part of the body below the waist line was seriously effected by this. Now I will call your attention to a particular result of this pressure upon

certain organs. The pressure at the waist line is undoubtedly injurious. The organs located in this part of the body perform important offices. But how about the downward pressure? What woman can doubt that in lacing her waist she presses strongly on every vital organ lying below the waist? These important and delicately constructed organs of sex are thus subjected to a continual pressure. Under these circumstances the blood cannot properly circulate throughout these parts. This continual pressure seriously interferes with these important functions. The organs naturally grew weaker, and not infrequently entirely lose their power to indicate sex.

Not only does this undue corset pressure made upon these organs seriously restrict the circulation, but displacements are often produced by this. These poor victims suffer on and on, wondering why Divine Providence has chosen to inflict such misery upon them, but they continue to lace in their waists, and thus to crush the life out of these organs, ignorant



of the fact that their suffering is being brought on by themselves.

How many women are now crying out in agony, how many have so distorted and weakened their bodies in this way as to remove every element in life of value! These poor victims stare you in the face at every turn. They can be found in our large cities by thousands, even millions. You look into their pale, bloodless, and often powder-besmeared faces, and the tightly laced waists tell the tale. Wrecked womanhood is written in every line of their features, in their movements, in every glance. They are suffering the penalty for their terrible crimes against their own bodies.

You women who love beauty, who love to possess and retain, on near to the end of life, the powers, symmetry, and strength of superb womanhood, have one imperative duty staring you in the face, and that is to avoid absolutely any constriction of the waist line. If you disobey this injunction, to a similar extent will the powers and beauties of superb womanhood be slowly lessened.

Of course, while young and full of youth and vitality, you may go on and commit these awful sins, but the day will come when paymen will be exacted in full for every act against these plain laws of Nature.

You women who love life and health, who have taken time to study these important problems, do your duty and help to spread the knowledge in reference to this enormously important subject. To my mind the alcoholic curse is nothing as compared with this. Twenty lives are lost or made miserable by the corset where one life has been sacrificed to drink.

“ We have seen that the original design of the corset was to give undue prominence to the hips and abdomen; but the lower end of the corset presses the abdomen inward, so that the contents are pushed in the only direction left, that is, down on the uterus and other pelvic viscera.

“ The array of diseases caused by the corset, and which makes ‘ woman the chief support of the doctors,’ is sufficiently startling. Lung

and heart diseases, intercostal neuralgia, dyspepsia, congestion of the liver, ulcer of the stomach, diarrhea or constipation, as the case may be, floating kidneys, falling of the womb and painful menstruation, thinness of the blood, and diseases of the nervous system, verging on to nervous prostration. But why continue the list? These are a few of the pictures of the familiar friends of us all. This, over against the testimony of all travelers, that whenever women give free play to their lungs and stomach they grow as large, or nearly as large, as men."—*Anna M. Galbraith, M.D.*

"Pressure from above is the chief cause of prolapsus. Most wombs could sustain their own weight, but cannot carry that of all the viscerals besides. Hence removing this weight is the first step in curing this disease.

"This is not infrequently caused by the wearing of a great deal of underclothing suspended from the hips, instead of being supported by braces over the shoulders. This error of female dress ought by all means to be remedied.

“Corsets greatly increase this superpressure, and thus both cause and augment this ailment. By pressing the ribs together they squeeze all the visceral organs downward below the ribs, upon the bowels. When their wearers bend forwards or sidewise, they add all this powerful corset-squeezing downwards to all this visceral weight, which obliges the womb and bowels to give way, and become permanently relaxed.”—*Prof. O. S. Fowler.*

**"The wise with hope support the pains of life."**

## CHAPTER XIV.

### EXCUSES FOR THE CORSET.

Many of my readers would ask if I would advise that they immediately cease wearing these devices that I condemn so severely.

I would answer, "no!"

Where a woman has grown from childhood in a corset, where her muscles have been weakened, and in some cases almost paralyzed, by the constant use of this device, she could not immediately discontinue its use without danger. All these weakened muscles must be gradually strengthened before such a change can be attempted. The bust, if it has grown above the normal size, must be decreased to natural size, and while all this is in progress she should continue wearing a corset, or some substitute, for at least part of the day. She need not entirely cease its use until she has strengthened and

made symmetrical her body by exercise and other means to produce this result. If too fat, her weight must be reduced. This result is easy for one whose determination is sufficiently strong. It merely requires a large amount of exercise and a decrease in the quantity of food eaten. The weight will, in every case, gradually grow less under these conditions.

After the body has been brought to the desired proportions, and has been strengthened in every part, the corset can then be discarded.

Many claim they cannot wear their clothing without the aid of the corset. This, however, is a very poor excuse, as any one can have the clothing so made as to avoid using the corset if she choose

Others claim that they must have a corset to hold up their bust. In answer to this I would state that there is only one condition when a woman has an excuse for having a large bust, and that is when motherhood is approaching. If it has grown beyond normal proportions, grown so large that it has become cumbersome and must be held in position, it can easily be reduced. In this connection I

would refer to my previous statement that the bust often vastly increases in size when held up by the corset.

“The stout woman’s last feeble argument is that she must wear a corset to support the bust. There are many hygienic corset-waists on the market that are sufficiently stiffened with cords to answer every purpose. If you will take off your corsets, and take the proper kind of exercise, that mass of adipose tissue which now spoils your figure will disappear.

“The first sensations of a woman who has worn a corset for years, and then endeavors to go without one, certainly is that she will flop over at the waist. She feels as if the breast-bone in her body had suddenly been taken away from her. And this feeling simply confirms one of the evil effects of the corset. There is but one remedy, the corset must come off, and stay off. For even if a woman had one hour’s systematic training, and one hour’s exercise in the open air every day, without corsets, it would not atone for the ten to fourteen remaining hours in which the corset is worn.”—*Anna M. Galbraith, M.D.*

“With useless bonds away!  
Yet for right progress, Muse,  
You may  
Fair-fitting buskins choose.”

—*Gautier.*

## CHAPTER XV.

### THE EVILS OF TIGHT SKIRTS, SHOES, ETC.

Any article of clothing which hinders the freedom of muscular movements, or interferes even in the slightest degree with the circulation of the blood, has a weakening influence upon the body. Long skirts hang from the waist line, and thus continually aid the corset in the deadly, downward-pressing process. They also interfere most seriously with muscular movements. One cannot walk or take active exercise, with any degree of comfort, or freedom, while wearing such an article of clothing. It interferes with every step, every movement. A woman who wears a long skirt becomes a physical slave, for in restricting the freedom of the body you have true slavery.



Many also maintain that long skirts are a great disadvantage, because of the dirt and microbes they sweep up in the streets. This is probably of little importance. The principal objection is its serious interference with the free use of the limbs.

Tight clothing of all kinds, tight waists, sleeves, etc., are objectionable, and are baneful in their influences. Any article of clothing which increases the efforts necessary in moving the body, or which tends to obstruct the free circulation of the blood, is productive of injury. High and close-fitting collars, even, had better be avoided.

“Those who wear flowing dresses, hanging from their shoulders, confined only by a loose belt, look incomparably more ‘interesting,’ maternal, and womanly, and every way more taking, than those with confined, wasp-like waists.

“Those lace tight who strain their buttons or fastenings, and few but do. Whatever cramps the vital organs, or interferes with perfect freedom of breathing or motion, injures

equally with corsets. Lycurgus made all pregnant Spartan women wear large dresses, so as to give ample room for developing large warriors, and paid them special honors; while *enciante*, or 'ungirdled,' means 'with child,' because Roman women took off their girdle as soon as they knew they were with child, lest they cramp and injure it. The discomfort caused by even a little visceral pressure, and relief giving by undressing, warns you, and proclaims its injury to you and your unborn. What is as precious as superb women and darling children? Yet this senseless, wicked fashion is victimizing both by wholesale."—*Prof. O. S. Fowler.*

"The evil effects of corsets are intensified by the bands of the skirts; the latter drag on the hips, and weigh the woman down with heavier than maternal burdens. Where there is no interference with the respiratory process the uterus rises and falls with every breath. The movement of the uterus assists in the circulation of the blood in the pelvis. The veins in the lower extremities are provided with tiny

valves, which have been likened to the locks in a canal; they dam it up for a few seconds' time, that it may gain greater force and propelling power later. These valves greatly assist in propelling the blood back to the heart, but no such provision is made in the pelvis. Since the constriction about the waist interferes so greatly with the return of the blood from the lower extremities, how much greater will be the stagnation of venous blood in the pelvis, where the propulsive power is more inadequate?

“ Let a woman who has taken off her corsets and adopted loose and suitable clothing, or even clothing which is loose and not very suitable, record a careful measurement of the chest under the arms, at the ninth rib and at the waist, together with the state of the general health. At the end of a year, without having gone to a gymnasium, without medicine, change of scene, or rest, she will find that all these measurements have increased and there has been a marked improvement in her health.

“ In exercising, even in walking, a woman

is again placed at a disadvantage by the weight and length of her skirts. In walking, the length of the step should be proportionate to the length of the limb which comes from the unconscious swing at the hip. The chief exertion in walking is caused by the raising of each foot and leg to the point at which it goes forward and downward. By this artificial shortening of the step, it requires much more muscular effort to walk the same distance. In addition to this, there is the resisting friction of the skirts, which, increased as it is by the slightest wind, has been likened to the pleasant process of eternally walking through a long field of grass."—*Anna M. Galbraith, M.D.*

The use of tight or high-heeled shoes has a weakening influence. No woman can walk freely, or with grace, under such circumstances. Not infrequently the wearers hobble about like the Chinese women. There can be no freedom of motion, no elasticity and suppleness of natural grace, when the feet are encased in shoes of this character.

Of course corns, bunions, and numerous de-

fects and malformations of the feet are also produced by these articles, but if the evil results were confined to this the cause for complaint would not be so serious. There is no desire to move about under such circumstances. One avoids every step possible, and thus extreme inactivity is encouraged. It is only at night, when the shoes are removed, that one really feels free.

There is not a physical ailment which will not be aggravated by the use of tight and high-heeled shoes, for the normal circulation of the blood to every part cannot be obtained without that activity of the muscles which becomes impossible when the feet are so encased.

If you desire to be free, wear natural shoes. If you wish to feel the joys of life and health, and indulge in those activities that maintain the superb condition to the end of life, avoid all these unnatural freedom-and-health-destroying devices.

"The first physicians by debauch were made,  
Excess began, and sloth sustains the trade."  
—*Dryden.*

## CHAPTER XVI.

### OPERATIONS THAT ARE CRIMES.

Nine-tenths of the complicated surgical operations performed upon women are actual crimes. They are usually the work of narrow-minded enthusiasts, men whose minds run in grooves, who acquire a certain professional knowledge, beyond which they cannot see.

Surgery may have its uses. There may be a few rare cases where it is of value, but an astounding condition exists to-day in the surgical and medical world.

Through local irritation produced by the corset, sexual excesses, or other causes, the ovaries or other organs may become inflamed. This inflammation may be aggravated, even caused largely by the condition of the blood. If the blood is pure, rich in those healing elements needed to sustain the body in perfect

health, the natural curative process would soon remedy any abnormal manifestation. But the conditions are usually otherwise. The patient often over-eats, eats without appetite, takes no exercise, lives in impure air, and under these circumstances the blood is always in a bad condition.

But what does the world of surgery, the world of medicine, say when cases of this kind are presented? They make examinations, they hold consultations, and learned men, versed in the science of these modern methods of treating diseases (not curing them, mind you) decide that the inflamed organ must be removed.

The patient may have suffered long, the pain may have become so unendurable that she is willing to accept almost any alternative that offers relief. She accepts their decision, and a surgeon well versed in the arts of human butchery, cuts into her body and removes the offending member.

But what does she gain by this? She has lost just that much of her womanhood. If both ovaries have been removed she is, from

that time on, a sexless being, without individuality, without belief in life or love of it. Thus does the science of modern surgery prey upon women. A diseased organ continues in an abnormal condition simply because the blood is impure, because it is lacking in the necessary healing elements, and, in Heaven's name, how on earth is the removal of a diseased organ to purify the blood? It can be depended upon with absolute certainty that the defective organs could be cured radically, brought back to normal condition, simply by adopting those means necessary to bring the blood into a proper condition of purity. This is a simple process to a woman who is determined and willing to adopt the necessary means. Further along in this book these means will be discussed.

Dr. J. H. Greer, physician and author of wide experience and repute, makes some interesting statements in reference to the members of his own profession, who are daily committing crimes with the knife. I quote from him the following:



“What a field for butchery, and for the attainment of fame and money woman has become to the mercenary practitioner of so-called ‘modern gynecology.’ It would be interesting, were it not revolting, to trace the history of the treatment of diseases of women by the majority of the medical profession during the past twenty years.

“Some of the fads profitably encouraged by the medical profession are not only absurd, but are almost criminal in their methods.

“Little do the fathers, and husbands and brothers know of the indignities their daughters, or wives or sisters are often forced to endure in the way of uncalled for exposures and mutilations, to satisfy the notions and the mercenary appetites of modern gynecologists.

“My large experience in all diseases of women has brought to my knowledge thousands of cases where women and virgins have been needlessly subjected to revolting exposures and painful operations, only to be mutilated for life, and left in a far worse condition than when they applied for relief.

“Who can enumerate the cases in which the abdomen has been opened for supposed ovarian diseases, when not a trace of a pathological (diseased) condition was discoverable? Who will write the history of the cases in which perfectly healthy ovaries have been removed without one shadow of improvement in the general condition of the patient? A human being mutilated, deprived of her distinctive characteristics, and rendered miserable! A human life poised between earth and heaven to gratify ignorance or conceit! A human life sacrificed to ambition upon the operating table!

“When it is of almost daily occurrence for me to be consulted by those who were on the verge of submitting to wholly needless and brutal mutilations, and for me to start them on the road to recovery by the employment of rational means, I feel justified in saying, in the name of womanhood, in the name of common honesty, in the name of humanity, defend yourselves, your wives, your daughters, your sisters, and your friends, from the hands of the professional mutilators of women.”

“Health is the vital principle of bliss,  
And exercise of health.”

—*Thompson.*

## CHAPTER XVII.

### CAN WRECKED WOMANHOOD BE RECLAIMED?

After the charms accompanying youth and health have faded, after the eyes have lost their luster, after the symmetrical outlines, suppleness and strength, so essential to beauty, have disappeared, is it possible for a woman to regain again all she has lost? A number of my readers will doubtless ask that question, and the answer will be of momentous importance to them. It shall be as plain and concise as possible. After one has reached and passed the age when the body is supposed to have acquired full maturity, the physical beauty and power cannot by any means be acquired that might have been possible if the great laws of health had been followed during the growing age. If the body has been allowed to mature

without that use necessary to developing and making symmetrical every part, you must be satisfied with less physical beauty than that which could have been possessed if attention had been given to these important matters earlier in life.

Great improvement can, however, be obtained even under these circumstances. A woman past the growing age can unquestionably improve, strengthen and beautify her body in every part by systematic exercises and proper living. If under twenty years of age naturally far more improvement can be made than if past twenty-five or thirty; though the body may appear to have attained a full growth previous to this age, all the bony framework is not hardened, and much greater changes can be made than when the bony framework has been set.

If a fair share of good looks had been possessed in earlier life and has been lost through failure to recognize the necessity for observing the natural laws, much of the lost beauty and strength can unquestionably be regained. In

fact it is not at all infrequent for those who have adopted proper methods of body building, not only to acquire the original strength and physical beauty, but actually to improve upon their former condition.

Health and strength can certainly be acquired, though to what extent this desirable condition can be developed will depend very greatly upon the efforts expended, and to what extent past errors have depleted the vitality. Every human being inherits at birth a certain amount of physical stamina. Under perfect conditions a woman will acquire this in full, though but few, if any, grow to womanhood under perfect conditions.

Nature is wonderfully kind. She forgives errors and lightens punishment as much as possible. One may commit gross sins against the body and still be able to build up a large amount of physical vigor and beauty. It would be well, however, for each of my readers who may be desirous of improving physical beauty to remember the extreme necessity for following out in every detail the necessary rules. It is not merely a matter of exercise, it is not a

matter of a few movements each day; it requires in addition to this the breathing of pure air, the adoption of an abstemious diet, proper mastication, thorough cleanliness, and the absolute avoidance of medicines and all other unnatural means for stimulating the body and creating false strength.

My reader may have found out before now that there is nothing in life of real value which can be obtained without efforts. Many inherit enormous fortunes that have cost no effort, but which in the greater majority of cases become a curse in the end, by encouraging dissipation and over-indulgence and so inducing premature physical decay.

Hard work and extremely abstemious habits are necessary if you desire improved physical health, and physical perfection is of more real value than anything else in human life.

Start out by determining that health shall be yours. Begin immediately. Do not make excessive, spasmodic efforts, for under these circumstances you may become discouraged and fail to continue long enough to accomplish anything of consequence.

“ Here’s a health to Martin Hannigan’s aunt  
And I’ll tell you the reason why,  
She ates becaze she’s hungry,  
And she drinks becaze she’s dry.”

—*Irish Song.*

## CHAPTER XVIII.

### DIET.

In your endeavors toward acquiring a beautiful body, the first and most important matter to consider seriously is diet. Though the character of food eaten is unquestionably of great importance, how much is eaten, and how it is eaten, is of far greater importance.

To go into details on a subject of this extensive character would be impossible here. I have written a book devoted exclusively to this particular subject, and I would, of course, advise all those seriously desirous of building the highest degree of physical health to read and carefully consider its contents.

In order, however, to make the present work as complete as possible, I will state the main features of a proper diet.

Let the first rule be never to eat without hunger. Let the second rule be to masticate every morsel of food until actually a liquid. Let the third rule be never to overeat. Let the fourth rule be to eat only nourishing and wholesome foods. The combinations of complicated dishes are not only difficult to digest, but they tend to fill the body full of impurities, and the only excuse for eating such foods is the momentary gratification of an abnormal appetite.

Never drink during meals. If food is properly masticated there is no desire to drink. It is only the bolting of foods that induces one to use liquids at this time. It is a gross outrage upon the stomach to gulp down a morsel of food when half masticated, or a still worse sin to force it along with a swallow of liquid.

Whether you adopt a strictly vegetable or a mixed diet is not of nearly so much importance as how much and how fast you eat. If you eat beyond your digestive power, if you bolt your food, regardless of what you may adopt as a diet, you will not only find extreme diffi-



culty in digesting, but under these circumstances permanent strength and beauty cannot be regained. All the surplus energy will be used in endeavoring to rid the body of this over-supply of food.

There is nothing that so quickly clears the complexion, which will so thoroughly brighten the eyes and refresh the spirits as the adoption of an extremely abstemious diet, and by an abstemious diet I mean that you either lessen the number of your meals or else the quantity should be reduced about one-half at the meals you are in the habit of eating. The mere fact that one leaves the table hungry, apparently able to eat with appetite far more food, does not necessarily indicate that more food is needed. If in the habit of eating two or three hearty meals per day, you will be amazed at how much can be gained in strength by greatly reducing the quantity eaten at these meals. It would greatly surprise you how little one can eat and yet maintain and even increase strength, and I would especially emphasize the necessity for accurate knowledge of diet before any im-

portant results can be achieved. Exercise is unquestionably essential, and a number of exercises for the accomplishment of special purposes will follow, but I wish especially to impress my readers that unless the proper diet has been adopted and carefully followed out, satisfactory results from the exercises cannot be expected in every case.

There should be no need of calling attention to the necessity for avoiding absolutely all stimulants, alcoholic or otherwise. The excessive use of coffee and tea not infrequently causes as much harm as beer and wine, and they should be avoided, or at least indulged in very mildly.

— “Her pure and eloquent blood  
Spoke in her cheeks, and so distinctly wrought,  
That one would almost say her body thought.”

—*Roscommon.*

## CHAPTER XIX.

### FASTING CURES.

The reader will find fasting recommended in this book as a cure frequently for numerous diseases. In order to make my meaning clear I will describe two methods of fasting cure advised.

*Complete Fast.*—The first—and most important—is a COMPLETE FAST. In a fast of this nature one abstains totally from all nourishment either liquid or solid, encouraging a desire for pure water, drinking copiously of this at all times when not actually productive of discomfort. When a diseased condition exists, a complete fast of two or three days, usually causes what we call the “habit hunger” to disappear entirely. The tongue will frequently become coated and the breath foul, indicating that the purifying process is going on at a rapid rate. Day after day this process

is continued. It may be necessary to fast one week, two weeks, three weeks, or in extreme cases four or five weeks in order to cleanse thoroughly the body of all impurities and thus to effect a perfect cure. The near approach of natural hunger is usually indicated by the tongue becoming cleaner and the breath gradually becoming sweeter and purer. If no thirst for water exists during a fast it is frequently desirable to add something to the water to make it more pleasant to the taste—a little lemon juice, honey, or a little salt may be used. This will give it a more pleasant flavor and will frequently induce the patient to drink more freely. When fasting completely all the energies are used to purify the body and actual hunger never appears until this purifying process has been entirely completed.

As to the exercises which should be taken during a fast of this nature I would advise that one simply be guided by instinct, though it would be well to remember that not infrequently one feels very dizzy on rising and attempting to walk in the first few days of the

fast. This, however, will usually disappear after continuing the endeavors for a short time. Walking is an especially valuable exercise when fasting, and of course towards the latter part of a fast it is about the only exercise that can be safely advised.

In a fast of this nature there is absolutely no danger, for the body will feed upon itself until the skeleton condition is induced, and death will not intervene so long as any flesh remains for nourishment.

Frequently it will be difficult to induce sleep. This, however, will gradually wear away. One should also note that during a fast no energies being required to digest food not so much sleep is necessary.

In breaking a long fast one should be careful and eat very light foods. Oranges are about the best food under the circumstances. Two or three oranges can be eaten and should be followed in two or three hours with a small quantity of milk and thoroughly boiled whole wheat or some wholesome cereal. After a long fast not nearly so much food is needed to nourish

the body as was previously required, and the necessity for using every possible precaution to avoid over-eating is imperative.

It is hardly necessary to add that to carry out successfully a complete fast is almost impossible if one is surrounded by those who, knowing nothing of this means of cure, are naturally prejudiced against it. They ordinarily use every means in their power to dissuade one from continuing, and the longer the fast is continued the more solicitous they become and the weaker one's power of resistance grows. Therefore under such circumstances it is almost impossible to carry a complete fast to a successful termination.

*Short Fasts.*—Though the method advised in a complete fast is unquestionably of greater advantage in nearly all diseases, a series of short fasts will be found of great benefit as a means of assisting to remedy many complaints. The best method to adopt under the circumstances is to begin by fasting say one meal a day for three or four days, then two meals, and then fast one day out of four, then

one day out of three, and then one day out of two. When you have reached this point, if sufficient strength has been gained you should then fast two days and eat two. This, if continued long enough, will in nearly every case bring about complete recovery.

“Take away food from a sick man’s stomach and you have begun, not to starve the sick man, but the disease.”—*E. H. Dewey, M.D.*

“The principle on which the fasting-cure acts is one on which all physiologists agree, and one which is readily explained and understood. We know that in animal life the law of Nature is for the effete, worn out, and least vitalized matter to be first cast off. We see this upon the cuticle, nails, hair, and in the snake the casting off of his old skin. Now in wasting or famishing from the want of food this process of elimination goes on in a much more rapid manner than ordinarily, and the vital force which would otherwise be expended in digesting the food taken, acts now in expelling from the vital domain whatever morbid matters it may contain. This, then, is a beautiful idea in

regard to the fasting-cure—that whenever a meal of food is omitted, the body purifies itself thus much from its disease, and this becomes apparent in the subsequent amendment, both as regards bodily feeling and strength. It is proved, also, in the fact that during the prevalence of epidemics, those who have been obliged to live almost in a state of starvation have gone free from an attack, while the well-fed have been cut off in vast numbers by the merciless disease.”—*Joel Shaw, M.D.*



Maud Muller on a summer's day  
Raked the meadow sweet with hay.  
Beneath her torn hat glowed the wealth  
Of simple beauty and rustic health.

— *Whittier.*

## CHAPTER XX.

### HOW EXERCISE BEAUTIFIES THE BODY.

It is an irrevocable law of Nature that every power must be used or it will gradually deteriorate and finally disappear. The foundation of the human body is the bony framework. Over this are various muscles which give shape to the body. These muscles are strong, symmetrical, beautiful in outline only when they have been given proper use. In the first flush of youth some women may possess a certain amount of physical beauty, or may have what is termed a "beautiful figure," but if this has not been developed by proper use of the various muscles through physical culture or other exercises, made necessary by their environment or occupation, in every case it will disappear

very early in life. Under proper conditions, however, this muscular figure and the beauty that accompanies physical perfection would gradually increase until thirty and sometimes until thirty-five years of age, and this desirable condition would be retained until forty and sometimes until fifty years of age.

To the perfect development of the muscular system is due the greatest beauty of the human body, as is proved by the fact that the Venuses, Junos, Dianas, Minervas, Niobes, in short, the most beautiful statues the world has ever seen were made in Greece at a day when the systematic physical training began in infancy, and the gymnasium was a resort for the citizen of all ages.

“The greatest attention to the physical development of her citizens was given in Sparta. Girls and young women were subjected to a similar, though less severe, training than men and boys. It included running, leaping, wrestling, and throwing the lance; these formed the favorite contests in the national games. Xenophon says: ‘The Spartans are

the healthiest of all the Greeks, and among them are the finest men and the handsomest women in Greece.'"—*Anna M. Galbraith, M.D.*

Many women refrain from exercise because of the fear that the rugged muscular development possessed by athletes may be acquired. Let me here emphasize the absurdity of this fear. It is impossible for a woman to develop muscles of this character. It is a well-known physiological fact that there are fewer fatty globules in the blood of a man than in a woman, and there is always more fatty tissue deposited immediately under her skin than under his. This fat gives shape and symmetry by rounding into harmonious curves every part of the body, and no matter how much a woman may exercise, or how strong she may become, this fatty tissue always fills in the hollows or ruggedness of outline that may be produced by muscular development.

Muscular exercise beautifies the body by developing to its greatest degree of perfection each and every muscle of the entire organism.

A muscle is developed by proper use. It is made more symmetrical, more healthful, more exquisite in outline, when it is required to make regular efforts. There is not the slightest danger under any circumstances of developing undue hardness. Under the influence of exercise the muscles become firmer and stronger, and the velvety softness and beauty of texture of the skin is always greatly enhanced. This is accomplished by the influence of exercise as it purifies and accelerates the circulation of the blood to every part. The pores of the skin are therefore free and eliminate more copiously the impurities carried to them. Thus exercise not only beautifies and strengthens the body in every part, but cleanses it internally, just as do soap and water externally. It washes out every part of the interior functional system by awakening to greater efforts every part of the entire organism. Under these circumstances every muscle performs its proper office. The body is held erect, it is handled gracefully and easily, and all parts are rounded out and symmetrically proportioned,

Dr. Mary Taylor Bissell, the medical director of the New York Berkeley Ladies' Athletic Club, says as the results of her experience there: "The gains of twelve months' exercise in the gymnasium are, for the chest two inches, stature two inches, an increase of 30 per cent. in the lung capacity; many of the strength tests are doubled, the spine is erect, the arm vigorous, and the girl has gained for herself the consciousness of controlling her own body, instead of having it control her."

Dr. Anna M. Galbraith writes: "It has been repeatedly proven that physical deterioration can be overcome by exercise, and that by so doing the mental capacity is greatly increased. Cæsar was naturally of a delicate constitution, suffering from severe headaches, and was probably epileptic, but by continual exercise became an athlete, 'admirable' in all manly sports, and surpassed by none in enduring the fatigue and hardships of a military life.

"Cicero is described by Plutarch as at one time thin, weak, and dyspeptic, but as having been so strengthened by gymnastic exercises

at Athens as to become robust and vigorous, while Pliny tells us that Asclepiades, who lived in the second century before Christ, cured all diseases by physical exercises alone, and said he was willing to forfeit all claims to the title of physician should he ever fall ill or die except from accident or senility. He lived for more than a century, and died as the result of an accident. Themistocles, Socrates, and Plato all excelled in gymnastic exercises."

Another important influence exerted by exercise of the voluntary muscular system is the increase in strength of the involuntary muscular system. It should be remembered that the entire digestive system is an involuntary muscular process. The food is masticated, swallowed and forced into the stomach by muscles. The stomach churns and finally succeeds in digesting the food with the aid of muscles. It is forced along and into contact with all the various digestive juices of the alimentary canal by muscles, and the digestive process depends for its effectiveness

very greatly upon the strength of these muscles.

Furthermore, the important digestive juices which really, with the aid of these voluntary muscles, perform the work of digestion, are furnished by similar food elements to that which feeds the muscles. The use of the voluntary muscles creates a greater demand in the body for these elements, and therefore under these circumstances they are supplied more copiously to the digestive organs, and digestion is naturally carried on far more easily and perfectly.

Proper exercise therefore not only beautifies the body by rounding out and making more symmetrical the muscles, but it accelerates the circulation, cleanses the entire muscular system, vastly assists in the digestive process, and greatly improves the appearance and texture of the skin.

I would like also to call especial attention to the dependence of brain upon the muscular powers.

“The brain is far more effective with good

muscles than poor; for these reasons: 1. Mentality is put forth by the outer gelatinous portion of the brain, into which myriads of nervous filaments enter from below. 2. These nerves transfer this mental action to all parts. 3. Gall discovered that the body of the brain is composed of nervous tissues, which he could exhibit only in the brains of those who had powerful muscles. That is: powerful muscles render these brain tissues more stringy, which enables them to transfer this mental action with proportional powers and force to other minds. Hence the stronger the muscles the more efficient and impressive all the mental operations. Those with weak muscles may be fervid, impulsive, excitable, etc., but cannot be virile, potential, and impressive mentally. Our temperamental doctrine shows why this renders female muscular inertia the great modern mind-paralyzer.

“The ancients understood this principle of sympathy between muscle and mind. This is proved by their christening their schools ‘Gymnasia,’ in accordance with this funda-



mental principle, that promoting bodily strength promotes mental vigor. In short, we may as well dispute our own senses, as controvert this doctrine that both mind and body powerfully and reciprocally affect each other. Every throb of either produces a corresponding pulsation in both the others. No part of the body can be affected in any way without similarly affecting the mind likewise.

“Mind and brain action are inter-related as cause and effect; and the value of either admeasures that of the other. Good muscles and brains go together; as do also poor. Injuring either injures also the other; while improving either thereby likewise improves the other. Immeasurably the most valuable commodity on the face of this earth is abundance of good brain; while none are as poor under the sun as those poorly off in their upper story. None grow poor as fast as those who impair its efficiency, whilst enhancing its vigor augments the value of every other life possession and capacity.”—*Prof. O. S. Fowler.*

## CHAPTER XXI.

### SHOWING PHOTOGRAPHS OF DEFECTIVE FIGURES.

The following photographs were taken from figures of models who supposed they possessed very superior physiques. A glance at the proportions shown by the photographs clearly indicates the need of greatly improved contour. They have been published for the purpose of showing some of the most common defects in the female figure and to enable me more clearly to point out how these defects may be remedied.



Specimen of a well-developed back.



A figure with no particularly noticeable defects. Can be improved by system of exercise in chapter XXII.



Stomach too large, calves too small, legs not well shaped, bust injured slightly by corset. To remedy defects use system of exercise in chapter XXII.



Figure fair, ankles a trifle large, general contour good, though not developed sufficiently. Rope skipping or fancy dancing will reduce ankles and improve figure.



Ankles too large, defects about collar bones and shoulders especially noticeable. See chapter XXIV. for remedying defects.



Hips too large, waist weak, bust injured slightly by corset. Shoulders and upper chest deficient. For remedying defects, see chapters XXII. and XXIV.





This figure the result of general inactivity. No development or symmetrical outlines. Calves small, hips and waist too large.  
For remedying defects use system in chapter XXII.



General contour good, waist weak and small, upper legs not well shaped. For remedy see chapter XXIV.



Figure much above the average, thighs a trifle small. All parts need development. Use exercises found in chapter XXII.



This figure is especially good, though the calves are a trifle small.  
Rising on toes until tired, also rope skipping and fancy  
dancing will develop calves.



A common type which often appears well shaped in ordinary costume. Bust, shoulders, and arms need development, waist weak, muscles of legs at extreme upper thighs should touch to make figure symmetrical. Use system of exercises, chapters XXII. and XXIII.



Calves and arms small, figure good otherwise. Defects remedied by exercises in chapters XXII. and XXIV.



Ankles too large, bust too low and not sufficiently developed. Use system of exercise in chapter XXIII. and rope skipping.

## CHAPTER XXII.

### EXERCISES FOR DEVELOPING SUPPLENESS AND SYMMETRY.

The value of suppleness and symmetry in enhancing womanly beauty can hardly be emphasized too strongly. Both of these particular elements of beauty are of especial value. Without symmetry, that concordance of contour which blends together in harmonious curves the different parts of the body, there can be no beauty. Without the charm of suppleness and the grace which accompanies it, there is little chance of a woman ever acquiring that condition of body recognized as beautiful.

I have explained in a previous chapter how the body is made symmetrical by exercises, how the outlines are beautified and harmonized. There are certain exercises which tend to develop symmetry more than others, though



symmetry can hardly be developed without using exercises which also produce suppleness and grace. I have illustrated here a number of exercises especially desirable for developing this particular condition of the body, and their regular practice will unquestionably vastly improve any woman.

She will notice in a very short time not only an increase in strength, but there will be more ease and pliancy in her movements.

Each one of these exercises should be taken until a slight feeling of fatigue is induced. For a short time great care should be used not to exercise to excess, for under these conditions the benefits are greatly lessened at the beginning and great discomfort is experienced on account of the resulting soreness of the muscles.

These exercises can be taken immediately on rising or just before retiring, or at any time during the day not immediately before or for one or two hours after a meal.

Do not at any time allow clothes to interfere with your movements. The less clothes worn

the better. In fact if the exercises are taken entirely nude it would be more advantageous, for the reason that the air coming in direct contact with the surface of the body is a tonic of no mean value. There is not the slightest need of fearing a cold while exercising, no matter how thoroughly you may ventilate your room. Always be careful to see that very pure air is obtained under these circumstances, as but little benefit can be derived from exercise when breathing over and over again the air of an enclosed room.



Reach as high as possible with right and left hand alternately, rising high on toes each time. If deep breath is retained while taking a few of these exercises it will have a specially beneficial influence on the lungs.



With the body at hips motionless, bend at waist and sway upper  
body in a circle.



With knees rigid bend forward touching fingers or knuckles to floor, then straighten body, raising arms high over head and bending far backward.



**Flex arms tightly as above. Bend far to the right, then far to the left with arms in this position.**



With body in position as above bend forward far to the right, change position of legs. then same exercise to the left.



With weight resting on right leg bend far forward, raising left leg as body goes forward, same exercise with weight on left leg.



## CHAPTER XXIII.

### EXERCISES FOR BUST DEVELOPMENT.

In order to bring about a normal development of the bust it is simply necessary to develop all the muscles surrounding the chest and to expand and strengthen the lungs. The regular exercise of those muscles adjacent to the bust naturally brings the blood to these parts and assists in its development very materially.

Many have a perverted impression as to what the normal bust should be.

In a previous chapter I explained how the bust frequently grows to abnormal proportions because of the support given by corsets.

The photographs in Chapter XXII. show a well-developed bust. To be absolutely normal it should be a trifle smaller.

The exercises here shown will bring about satisfactory results, though remember that

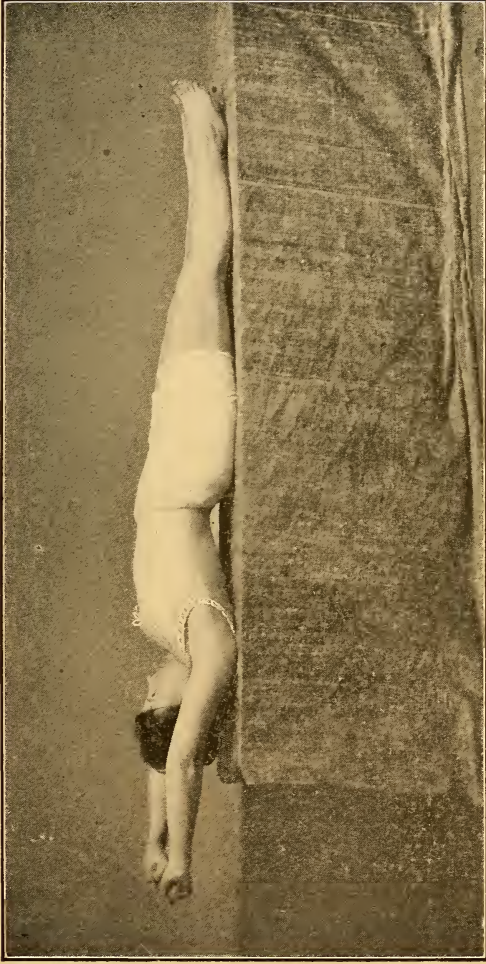
they will simply develop a normal bust. If the bust is already of normal size it will not increase, and if of abnormal size the exercises will aid in reducing to the normal size.

Not only will these exercises produce a normal contour, but they will harden and make more firm and round out every outline to greater symmetry.

Fancy dancing without corsets is usually a very beneficial means of rapidly reducing the bust, if indulged in freely and at frequent intervals.

Each one of the exercises illustrated here should be taken until you are slightly tired, and especial attention should be given to the necessity for deep breathing exercises in the open air.

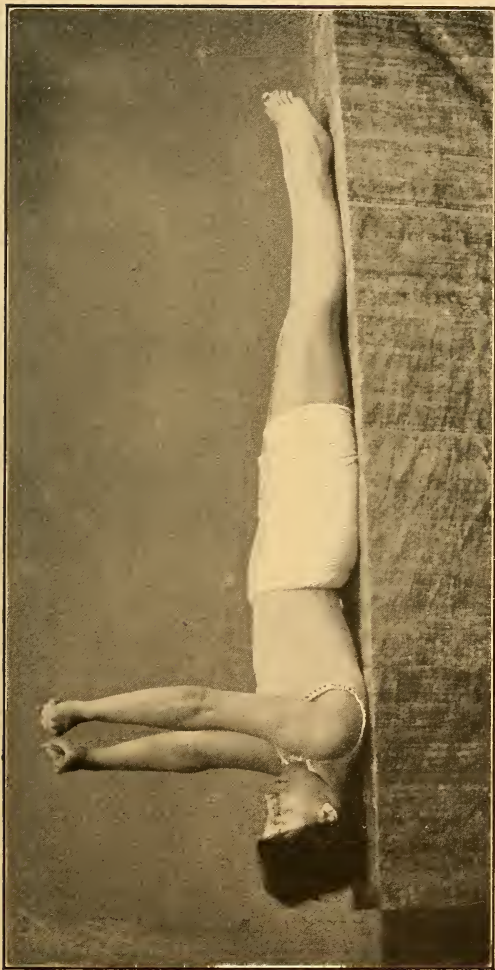
If a pair of one or two-pound dumbbells or anything of a similar weight be held in the hands while taking these exercises, the results will usually be somewhat speedier.



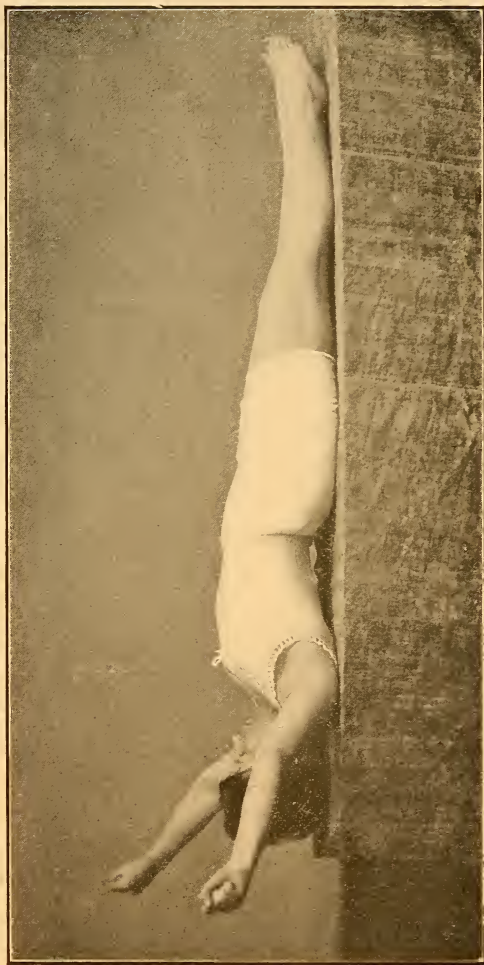
With arms stretched far back as above bring them outward and forward on a level with chest, continuing the movement until they touch side of legs.



From above position bring arms upward elbows straight, and then cross them directly over face.



From above position bring arms, with elbows straight, far backward.



With arms held obliquely backward, bring them forward, elbows straight, and cross directly over abdomen.



With arms far out to sides, elbows straight bring them upward and cross as above.

## CHAPTER XXIV.

### EXERCISES FOR REMEDYING PHYSICAL DEFECTS.

Many suffer from physical defects which can be easily remedied by systematic exercise of the defective muscles. In this chapter I have endeavored to illustrate the most common defects, and have shown how they can be partially and sometimes entirely remedied.

LARGE ANKLES can be greatly improved by rope skipping two or three times each day until one is tired, or by fancy dancing exercises.

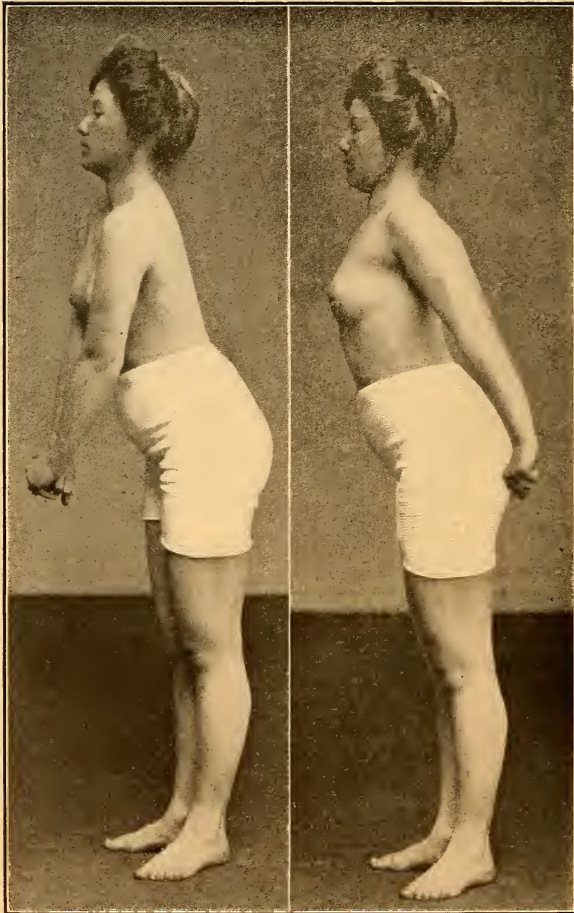
SMALL CALVES can be developed by same exercises as above, though rising on toes as high as possible two or three times per day until one is tired will be found valuable. High-heeled shoes cause the calves to be less used and make them smaller. Heelless shoes will develop the calves and increase grace. No fancy dancers ever use shoes with heels.

KNOCK-KNEES can be favorably influenced



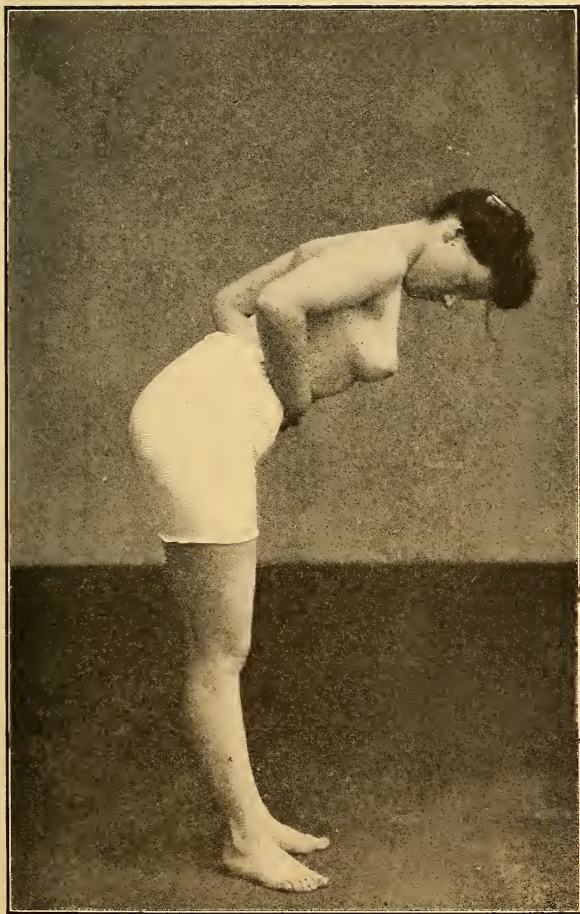
by slightly raising and lowering the body while sitting with legs crossed tailor fashion. If too difficult at first assist slightly with hands on chair or table.

LARGE HIPS can be reduced by long walks, a diet of one or two meals per day and the daily use of system of exercise in Chapter XXII. Results will be surer and more speedy if rope skipping or fancy dancing is added to the daily exercise.



**REMEDYING ROUND SHOULDERS.**

Bring shoulders far downward and forward, then far backward and downward. Make several endeavors to force them still further backward each time they go back.



**TO REDUCE STOMACH.**

**Bend forward as far as possible pressing inward on abdomen. All the various bending exercises will also be found of advantage in assisting to remedy this defect.**



**FOR BOW-LEGS.**

From above position press downward as strongly as possible on straight leg, as you rise upward to an erect position.



TO ROUND KNEES.

From above position slightly raise and lower the body until tired.  
Do not raise to an erect position.



Tightly close mouth, then try to force the breath through it.



Press the cheeks out as far as possible with tongue. To fill out cheeks properly the assimilative organs must be strengthened, but these exercises will also be of aid.



TO BEAUTIFY NECK.  
From far forward bring head backward as far as possible.



TO BEAUTIFY NECK-  
Turn head far to the right, then far to the left.





**TO FILL IN HOLLOW.**  
Bring shoulders up as high as possible, then holding them high bring far forward and then far backward.

## CHAPTER XXV.

### SPECIAL SYSTEM FOR REMEDYING FEMALE WEAKNESSES.

In previous chapters I have mentioned the deplorable physical condition of the average woman of to-day. I have tried to state as clearly as possible how this condition has been induced, how women have made physical wrecks of themselves by breaking the plain laws of health. In this chapter I give a number of exercises that will enable them to regain to a certain extent the powers they may have lost through their neglect and ignorance.

The exercises given here tend to strengthen the muscles, cords, and other parts of the body which surround and enfold the organs of sex. The strengthening of the voluntary muscles adjacent to these important organs accelerates the circulation not only to the muscles themselves, but also to the organs that adjoin them.

If a woman is suffering from any lack of the instinct of sex, or if she is suffering from any weakness or displacement, these exercises will be found of great value.

In fact if there is any serious weakness of these organs no other exercise than those illustrated here—outside of walking—should be taken until a certain amount of strength has been regained.

#### DANGER IN CERTAIN EXERCISES.

I desire especially to warn enthusiastic beginners of the danger there lies in certain exercises, if one is suffering from misplacement or other female troubles. If very weak, this warning is of especial importance. Whenever the exercise seems especially hard, so much so that it requires more than ordinary effort, it should not be performed completely, but merely an attempt should be made, and the efforts should be confined to this attempt until sufficient strength to perform easily the movement has been gradually developed. Though exercise is unquestionably of great value, like

all other good things, it can be overdone or so used that injury will result, and I would especially advise each beginner to "feel her way" in any exercise she may use, step by step, if suffering from any serious weakness. Remember that the first few times the exercises are used, if difficult, they should merely be attempted. Rest quite a while between each exercise. The reclining position illustrated for these exercises will itself be found beneficial, and will tend to bring the organs back to their normal position.

The natural instinct is a fairly good guide. Your feelings will indicate, with a fair degree of accuracy, when the exercise is too difficult. When weakened by trouble of this nature, there is usually no desire to exercise, though gradual attempts, combined with a diet which will purify the blood, will in time develop this inclination.

As the muscles and cords gradually strengthen, the various organs will slowly recover their normal position if the proper diet is being followed. Day by day strength will

be regained. Day by day the instincts of the normal woman will be gradually developed.

Do not make the mistake of expecting to accomplish great results in a very short time. From three to four weeks are necessary to bring about easily noticeable improvement. Great care should be taken at first not to overdo any one of the exercises.

The feet should always be raised at least two feet higher than the head. A rope or strap should be placed over the upper part of the couch and the feet should be placed under this, thus enabling one more easily to perform the various movements.

Let me emphasize with all possible force the necessity for a very abstemious diet in troubles of this nature. Frequent fasts of from one to three days will in every case greatly hasten recovery. In fact under these conditions what really aggravates and causes the condition to become chronic is the impoverished and impure condition of the blood brought about usually through improper foods or overeating, and if greatly weakened and seriously desirous of ac-

completing results, the diet should be confined to one or two very light meals per day during the first three or six weeks of treatment.

“Pessaries necessarily injure. They are thrust up the vagina to the mouth of the womb; and are worn to lift and keep the womb in its place by its resting on the pessary. Yet pessaries rest on the bladder and rectum, thus causing constipation by stopping the feces, and also flattening and inflaming the bladder. Let common sense attest their injury. Foreign substances must needs inflame and create ulcers. The bowels too must be held up quite as much as the womb, which no pessaries or abdominal supporters can accomplish. They retard the circulation, that great restorative, besides chafing.”—*Prof. O. S. Fowler.*

“If a strong-muscled woman exercises but little during pregnancy, her child’s muscles will be weaker than her own; whereas her training them at this period will render them strong in the child of one in whom they are naturally feeble. Exercising them at this period reincreases this muscular element in

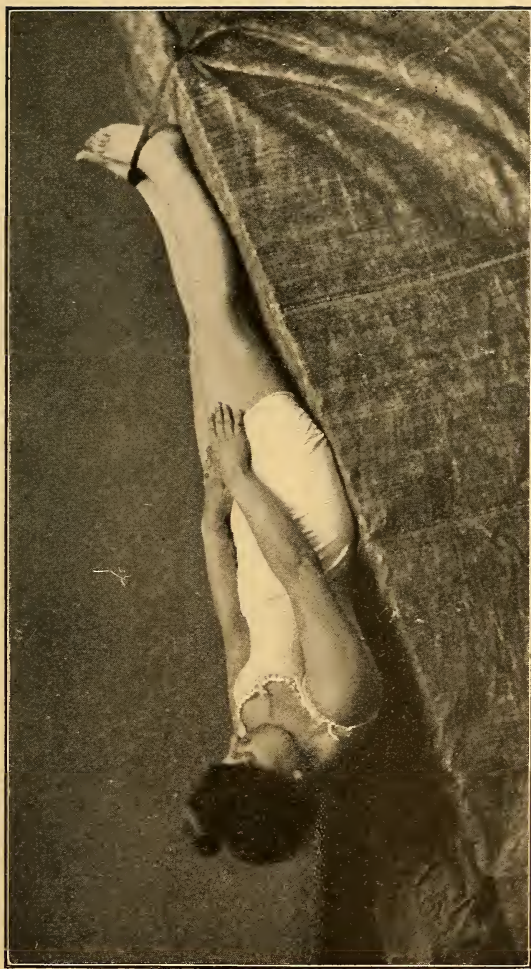
herself, and this endows her prospective child with much more than she possesses.

“If her muscles are good, but lungs weak, it will almost certainly be strong of muscle without her taking extra exercise; yet if she disciplines her own lungs, its lungs will naturally be much stronger than hers; thus obviating this great deficit in herself. By this means consumptive parents can have non-consumptive children.”—*Prof. O. S. Fowler.*

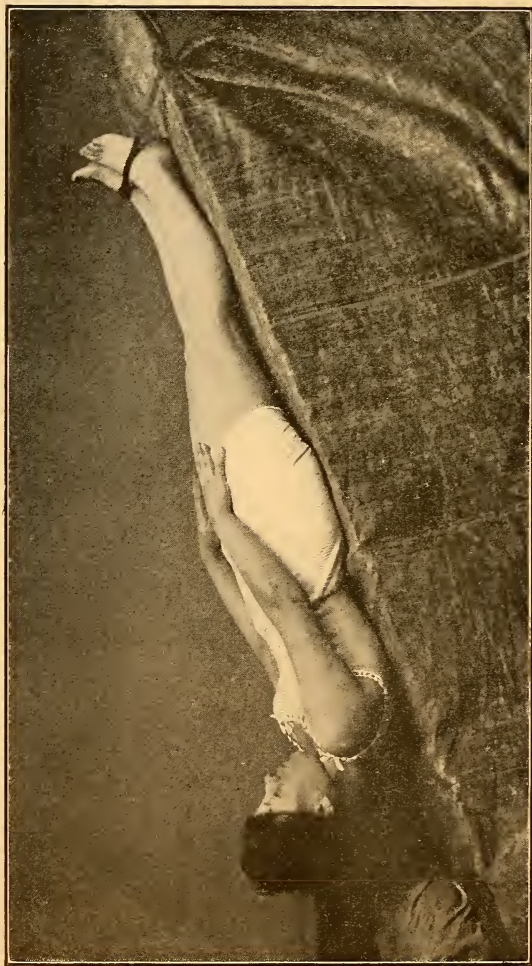


Rise to a sitting position. (Must not be attempted until one is strong.)

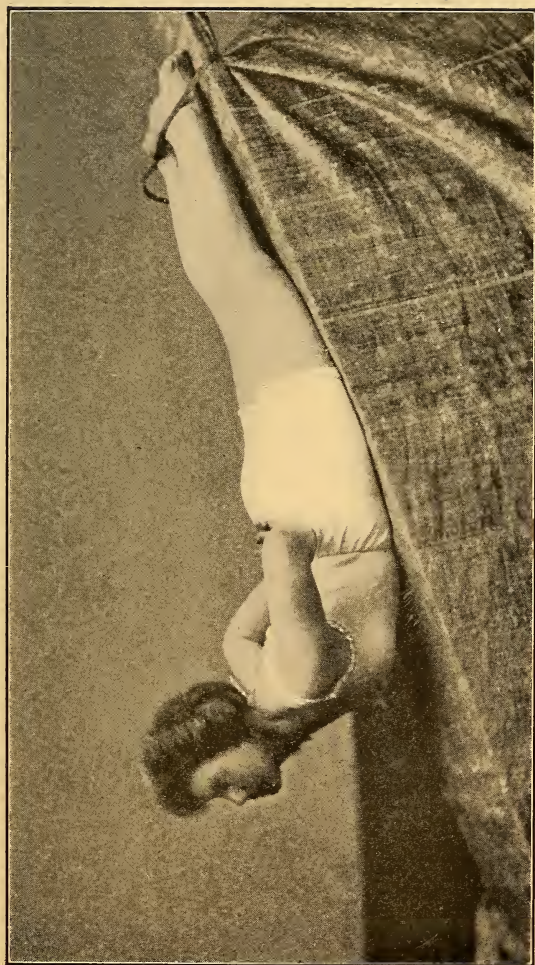




· Raise body to the right, then same to the left.



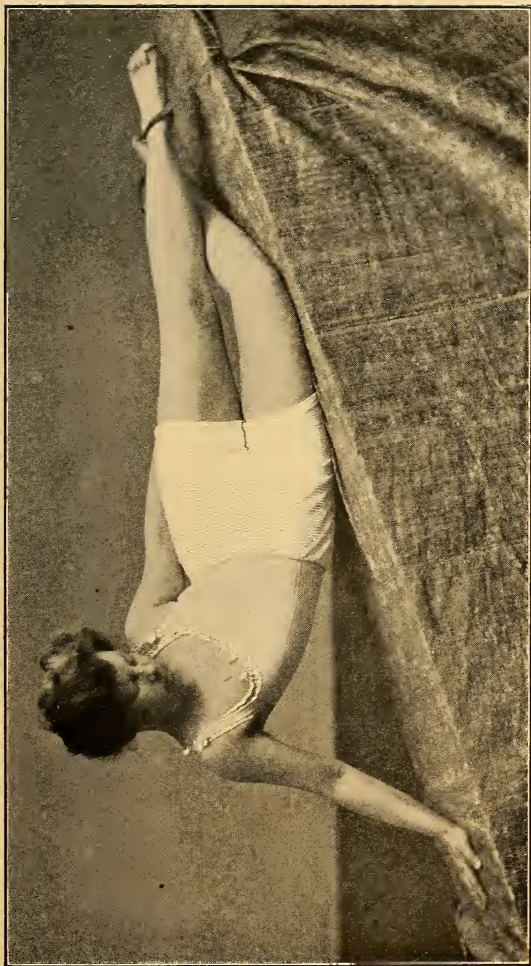
Raise head and shoulders only.



Raise head and chest as high as possible.



Rise upward bringing arms outward as shown.



Rise sideways as far as possible, assisting with the arm. Same exercise on each side.



Raise and twist body to the left, same to the right.

“Oh, may the powers that be deliver a long suffering people from such pseudo-scientific treatment as is practised by M. D.'s in good standing with the church and with the public generally. How long, oh, how long, will it be before our profession is purged of its hobbyists, its ‘faddists,’ its pretenders, its ignoramuses and charlatans, especially in diseases peculiar to women!”—  
W. S. Mott, M. D.

## CHAPTER XXVI.

### NATURAL TREATMENT OF FEMALE WEAKNESSES.

#### CONGESTED OR INFLAMED OVARIES.

*Symptoms.*—Pain in one or both groins, or lower part of the abdomen, sometimes continuous and at other times noticed only when body is in certain positions. Foul tongue, digestive and other disturbances are also usually present.

*Cause* of this ailment is simply unhealthy blood resulting from corsets, improper diet, over-eating, want of exercise. Partial detention of the venous blood in its flow to the heart by the constriction of the corset is also a fre-

quent cause, and in every case aggravates the disease.

*Remedy.*—The most effective remedy is a complete fast, though if this is too difficult short fasts with a daily cold sitz bath of from five to thirty minutes will be found beneficial and will in time effect a cure. Walking and other mild exercises that do not cause pain in the inflamed parts will be found beneficial during the fast. As the inflammation begins to subside, the special system here illustrated, if not found too difficult, may be attempted, though extreme care must be observed at first to avoid straining or over exercising the muscles. In some a daily douche of hot or cold salted water will be found beneficial. If constipation is present it must be remedied at once, by following instructions in chapter on constipation. If pain is especially severe place cold wet cloths over the affected parts.

#### OVARIAN OR WOMB TUMOR.

*Symptoms.*—Same as inflamed or congested ovaries, with the exception that the side of the



body where tumor is located begins slightly to enlarge.

*Cause and Remedy* for this are the same as for inflamed or congested ovaries, with the exception that a complete fast is almost imperative if a radical cure is desired.

#### SUPPRESSED MENSTRUATION.

*Cause.*—This ailment usually denotes some defect or abnormal condition of the organs of sex. They may not be thoroughly matured and the muscular and nervous vigor produced by exercise and so necessary to their complete development, may be lacking. During pregnancy, and the first few months of nursing, the flow is usually suspended, though there are exceptions to this. There are some rare cases where an obstruction of the uterus or vagina is the cause. The flow will sometimes cease for a few months when a very abstemious diet has been adopted. When otherwise healthy and no inconvenience is noticed this should cause no disquietude, as the function will always reappear in a few months. It would be

well to note that a raw diet or even an extremely abstemious diet, free from all meats, spices and stimulants, frequently so reduces the natural flow that nothing remains but an almost colorless viscid discharge. It is a well known fact that the monthly flow frees the blood from much of the impurities it may contain, and any diet that has a purifying influence will naturally lessen the flow.

*Remedy.*—To apply properly the remedy the cause should first be determined. If the trouble is due, as is usual, to a general lack of vigor, every possible means for strengthening the muscular, nervous and digestive system should be adopted. The special system of exercises should be taken daily, gradually increasing in duration and energy as strength is gained. A fast of one day in every four will be found of great advantage. If the symptoms of menstruation appear at regular periods and no flow is noticed there may be an obstruction, and if the conditions of pain and weakness indicate an abnormal state, and if the special exercises for remedying female weaknesses, to-

gether with diet and other means for increasing the general vigor, do not seem to bring about any improvement, it would be advisable to have a local examination made by a competent specialist, though surgery should never be used until all other means fail. When the suppression occurs suddenly during a particular menstrual period, a very hot sheet pack, encouraging the patient to drink copiously of hot water, will be found of advantage. A very hot sitz bath can also be recommended. Constipation, when present, should always be immediately remedied.

#### SCANTY MENSTRUATION.

The causes and cure of this disease are almost identical to those of suppressed menstruation when this, as is usual, is produced by constitutional weakness.

#### PROFUSE MENSTRUATION AND UTERINE HEMORRHAGES.

*Cause.*—This is nearly always produced by unhealthy blood, though it may be caused by

misplacements or lacerations. Menstruation may be considered profuse when the flow is more than usual and when it is accompanied and followed by extreme lassitude.

*Remedy.*—The adoption of an extremely abstemious diet will be found effective in nearly every case of this trouble. The short fasts recommended will be of especial benefit. Cold sitz baths once daily except when the flow is present will be of valuable aid. The special system should be taken daily when flow is not present, using only the milder movements until considerable strength has been gained. Absolute quiet in bed should be maintained while flow is present. The frequent application of cold wet cloths over the lower part of the abdomen will be of advantage at this time. Under no circumstances must corsets or clothing of any kind interfere with the circulation. Constipation when present should always be immediately remedied.

#### PAINFUL MENSTRUATION.

When not caused by an obstruction it should

be treated the same as suppressed menstruations, as it is produced in nearly every case by unhealthy blood, corsets and general weakness of the parts which can be easily remedied by the special system of exercises here given. If caused by an obstruction this must be corrected or absorbed by fasting. The use of opiates under circumstances of this nature is to be most severely condemned, as serious weakness will always ultimately result from this.

#### STERILITY.

*Cause* is usually constitutional debility or an imperfect development of the sexual organs, or displacement from corsets.

*Remedy.*—Adopt means for building nervous and muscular vigor, and practice diligently the special system of exercises here given. This will in time tone up the organs and also remedy displacement if any exists.

#### CATARRH OR INFLAMMATION OF FEMALE ORGANS.

*Caused* by unhealthy blood produced by cor-

sets, dissipation, general weakness, sexual excess or abuse, over-eating, or a highly stimulating diet.

*Remedy.*—If the discharge is purulent a complete fast is about the most effective remedy, though the short fasts will in many cases bring about satisfactory results. When eating, all meats, spices, tea, coffee and stimulants of every nature should be avoided. Whichever treatment may be adopted, cold sitz baths of from five to twenty minutes once or twice daily as long as the patient is not so weak from fasting as to be unable to recuperate with a feeling of warmth, will be a very valuable aid to complete recovery. Constipation should be immediately remedied if present. An anti-septic douche of about 15 grains of permanganate of potash to a quart of water should be taken once or twice daily if discharge is thick and offensive.

#### DISPLACEMENT OF THE WOMB.

*Cause.*—Corsets, general weakness, sexual

excess or abuse, dissipation, over-eating, want of exercise.

*Remedy.*—Regardless of whether the womb has fallen forward or backward or has simply prolapsed, the special system here given will in nearly every case remedy the trouble. When displacement is specially severe the exercises while reclining on the abdomen should be taken first and if the womb does not fall back in place after reclining thus a few moments, making slight attempts at the exercises, it should be put in place before continuing the exercises. In addition to the exercises every possible means for building physical health should be adopted.

A fast of one day in every four for at least a month will be of great advantage. Special attention must be given to diet, the necessity for fresh air and outdoor exercise. Constipation must always be remedied when present.

#### LEUCORRHEA OR WHITES.

A viscid almost colorless discharge is always present immediately before and after

the menses. When this is present continually or if the discharge becomes purulent or thick and milky it indicates a diseased condition and should be treated as instructed under head of Catarrh or Inflammation of Female Organs. When the discharge is so severe as to assume the nature of gonorrhœa a similar treatment is usually effective.

#### CANCER OF WOMB OR ELSEWHERE.

*Cause.*—This much dreaded disease, similar to other female diseases, is the result of broken health laws, though over-feeding is the most common cause.

*Remedy.*—A complete fast is practically the only remedy that will promise absolute recovery, though benefit can unquestionably be derived from short fasts. Of course all other methods suggested here for developing the highest degree of physical health should be adopted as an aid to recovery. Cancer is simply the result of unhealthy blood, and when this blood is freed from all unhealthy matter



the disease gradually disappears. It would be well to remember that the entire body is saturated with the blood that has produced the disease and pure blood will have to be supplied for a long time before all evidence of it will disappear.

## CHAPTER XXVII.

### CHILDBIRTH MADE PAINLESS BY EXERCISE.

“Gestation naturally improves health. The idea that it impairs it is as erroneous as common. What? God curse woman for and by fulfilling His laws in helping Him create His children! It, with nursing, is her normal condition—that to which she is expressly adapted. It never needs to, yet often does, injure. Those fairly healthy, who take anything like average pains to recuperate, eat, digest, sleep, and feel every way the best at these times; while women by thousands, drifting into consumption, marry, recuperate while bearing, but as soon as they cease, relapse back into it, and die soon after; and thus of other diseases; yet live many years longer than if they had never borne. It exhausts and injures only those who have but little vitality at best, and work up so much of that little on family cares, without

taking time to recuperate, that they break down, not by maternity itself, but piling other loads on top of it; whereas, by stopping these other drains, and manufacturing what vitality they well can, every child would make even weakly women the healthier, and give each a new lease of life. This is proved by bearing women being healthier and living longer, on the average, than old maids."—*Prof. O. S. Fowler.*

The agony usually borne by women at child-birth can, in nearly every case, be largely avoided by beginning in the early stages of pregnancy to strengthen all the muscles of the abdominal region. A perfectly normal, strong, well-sexed woman should have but little pain under such circumstances, and among the savages and vigorous lower classes the truth of this statement is very emphatically proven. Not only does the exercise of these parts vastly strengthen the muscles so essential in a crisis of this nature, but in accelerating the circulation to the part a more normal condition is induced, and the functional preparation for the

event is much more perfect, and, consequently, it should be like all natural requirements when normal, namely, absolutely painless, with the exception, of course, of the bearing-down pains that are induced merely to force the expulsion of the child.

Furthermore, it would be well to note that if these muscles are properly exercised, if the body is strengthened in every way by walking and other mild outdoor exercises, and these special exercises are taken to strengthen the abdominal region, the excessive prominence of the abdomen during pregnancy can be largely remedied by mere control of the muscles. In other words, if those muscles are strong they can be held up instead of being allowed to relax and expand to an unlimited extent. This will, of course, require a slight effort of the will, but this should be of small importance, as it will only be necessary while appearing in public.

The system of exercises illustrated in Chapter XXV. for remedying female weaknesses will bring about the desired vigor in the

abdominal regions, though great care should be used when beginning them to avoid the possibility of a strain, as these muscles are usually exceedingly weak from disuse, and this is the true and only cause of the terrible pain induced by childbirth.

Begin by merely attempting to perform each movement. Gradually, day by day, you will find that they will be easier, and, finally, you will be able to go through the entire system without any great effort.

The necessity for extreme moderation in exercises of any nature, under these delicate conditions, can hardly be emphasized too strongly.

In addition to the system here illustrated a daily walk in the open air, in all kinds of weather, should never be omitted. Outdoor games, not requiring too great activity, should be indulged at every opportunity, and the strength and health thus secured will not only do much towards making the event painless but will add vim and vigor to the new arrival.

“ Muscles alone effect delivery. Hence the better they are, the easier it is, other things the

same. As a weak horse with a heavy load going up hill, pulls without avail, so weak maternal muscles strain every fiber to the utmost tension, exhausting without advancing, where strong ones would effect all, with little pain. Most difficult cases have this cause. Few if any would occur if Nature had her perfect work, not even wrong presentations. They are rare among the healthy lower classes; and afflict ladies chiefly, and because of their artificialities and muscular inertia. Exercise will obviate them. More 'housework' will lessen labor pains. Dancing is good, but too fitful, and walking better; yet romping is best, and just as instinctive in girls and healthy women as breathing, and diminished mainly by feebleness and love troubles. Nothing equally promotes female health, ease of delivery, and 'snap' in children. Would that this prim, sedate, inert, starched up, citified artificiality of modern 'society' would give place to the frolicsome, jubilant playfulness so natural to girls and women. Instead, they must never romp while girls, nor work or walk when

young ladies, but must sit simpering over the last novel, ride to opera and church, restrain all their gushings, thumb the piano, embroider, and 'flirt.' Snap these fashionable restraints, and be true to all God-created female institutions."—*Prof. O. S. Fowler.*

"If women would study the structure of their own bodies, and the functions of its different organs, and acquire some knowledge of the principles of obstetrics, they might escape a great portion of the dangers and sufferings of childbirth."—*Mrs. Pendleton.*

"Nature is the squaw's only midwife. Her labors are short, and accompanied with little pain. Each woman is delivered alone, in a private cabin, and after washing herself in cold water returns to her usual drudgery."—*Dr. Rush.*

"One of the squaws, who had been leading two of our pack-horses, halted at a rivulet, about a mile behind, to lie in; and, after about an hour, overtook and passed us with her newborn infant, apparently in perfect health."—*Lewis and Clark.*

“The squaw of Pierre Dorion, who, with her husband, was attached to a party traveling over the Rocky Mountains in winter, the ground being covered with several feet of snow, was suddenly taken in labor, and enriched her husband with another child. In the course of the following morning the Dorion family made its appearance. The mother looked as unconcerned as if nothing had happened.”—*Washington Irving*.

“Going late Saturday night, to the wigwam of the chief, I found his wife missing. She was then in labor, though I did not know it; walked, while thus in labor, in the dark and rain, eleven miles to her brother’s, was safely delivered, and had walked back by ten o’clock Sabbath morning, alone, bringing her papoose on her back, and seeming as well, and doing her drudgery as usual.”—*Brantford, Indian Missionary*.

“The easy labors of negresses, native Americans, and other women in a savage state, noticed by travelers, is not explainable by their physical formation; for their pelvis is rather



smaller than the European, but by a simple diet and constant and laborious exertion, with a hardy constitution. And hard-working, white women, of the lower classes, suffer little from childbirth."—*Lawrence*.

"The Araucanian Indian mother, on her delivery, takes her child, and, going down to the nearest stream, washes herself and it, and returns to the labors of the station."—*Stevens*.

"The smaller heads of their children, consequent on the deficient mentality of both parents, is offset by their larger chest, shoulders, bones, and muscles. The chief difference is in the mothers and its great cause in the feebleness of civilized women; and the easy parturition of Irish, German, and Indian women is caused by their robust health. It is not that stylish women are doomed to 'bring forth in sorrow,' but that they outrage every law of health from birth. Else why this difference against city ladies, as compared with healthy country women? Though some robust ones have 'hard times,' and some sickly ones easy, because of the difference in their forms, the

size of the father, and especially of his head, yet, in general, the more healthy any given woman, the more easy her delivery, and as her health declines her labor becomes more painful and dangerous. Think out the lesson taught by this great fact. Does not health diminish, and feebleness aggravate, the pains of delivery? Remains there any doubt of this? Is it not founded in reason, and sustained by facts? Few realize to what extent they can be lessened by observing the physiological laws. All functions are pleasurable, then shall this form an exception? Unless Nature has made provision for rendering it more agreeable than painful, she has not been true to herself. If even savages, with all their necessary privations and exposures, can bear with so little suffering, how much easier could civilized women, aided by all the lights of anatomy and physiology? The idea that civic life is necessarily detrimental to health is preposterous. All the knowledge, property, advantages, everything we possess over them, enables us to become more healthy than they. If we are not, ours is the fault."—*Prof. O. S. Fowler.*

“ Better to hunt in fields for health unbought  
Than fee the doctor for a nauseous draught.  
The wise for cure on exercise depend;  
God never made his work for man to mend.”  
—*Dryden.*

## CHAPTER XXVIII.

### WALKING AND OUTDOOR RECREATIVE EXERCISES.

Though gymnasiums and various systems of exercise that can be used indoors are unquestionably of value, they cannot in any way be compared to those outdoor recreative exercises which make pleasure of exercise and use and develop the entire muscular system.

Of all outdoor exercises easily obtained, walking is probably the best. It is the finest of all exercises for increasing the vital strength and digestive powers, and for expanding and developing the lungs. Many women, famous for their beautiful complexion, take no other exercise. Long walks in the open air, regardless of weather, will be found of great benefit for women who wish to retain the charm and

vigor of early youth on to advanced age. There is no one kind of exercise better for this purpose. No matter what exercise or system of exercises is used, walking will be found of great value. If suffering from any weakness of the organs of sex, the walks will have to be extremely limited, though gradually, as strength is gained, the distance can be increased.

During these walks acquire the habit of drawing in deep inhalations, filling the lungs to their greatest capacity. Two very fine breathing exercises, that can be used at this time, are as follows:

First, draw in all the breath you can, retain it just a moment, then make three or four efforts to inhale still more, thus expanding the lungs to their greatest possible capacity. Now exhale the breath, and in a similar way exhale all the air you possibly can from the lungs, making three or four attempts to exhale after apparently having completely emptied the lungs. This exercise will enable you to expand and develop the lungs with much greater ease.

Second, partially close the opening of the nostrils by pressure with your fingers. Now, through this small opening, draw in the breath very slowly and forcibly until the lungs are completely filled, then slowly and forcibly force out this breath through partially closed mouth, having the mouth so nearly closed that it will take some time to exhale the breath.

Outdoor exercises of every kind, of not too violent a nature, can be recommended, and, of course, if you are strong, even these violent exercises will be found beneficial. Golf, tennis, horseback riding, cycling can all be recommended. Golf is of especial advantage, as it gives you the benefit of a long walk, with an object in view, and the swinging of the golf clubs is unquestionably of advantage in expanding the lungs and developing and beautifying the arms and shoulders. It should be remembered, however, that cycling, though a valuable exercise, is frequently overdone. If you are an ardent cyclist, great care should be used to avoid that excess into which enthusiasm imperceptibly leads. Be sure to secure a

satisfactory saddle, and by all means avoid the scorcher's attitude.

“English women of rank often walk ten miles, ride much, practice gymnastics, etc., just for exercise; but the down-right muscular laziness of most American ladies is as disgraceful to them as ruinous to their children. At this down-hill rate the next generation will be too feeble to work, and fit only for sedentary avocations, and hardly for them. Our girls must romp more, and women, instead of sitting so much and doing so little, take more brisk, muscle-developing exercise of some sort; it matters less what, so that it is convenient and liked. All the better if it superadds utility. That taken in soap-suds is most excellent, besides killing two birds with one stone. Most ladies ‘put out’ their very best medicine every Monday morning.”—*Prof. O. S. Fowler.*

Dancing is, of course, an advantageous exercise, but under usual circumstances it can hardly be recommended. If one were able to dance out of doors, and if the exercise was

continued only until ordinary fatigue was induced, it would be productive of benefit in every case. It is usually associated, however, with inclosed rooms and foul air, and the excitement connected with it frequently induces one to continue to complete exhaustion, and under such circumstances injury is sure to result.

Fancy dancing is a very fine exercise for developing that grace and suppleness so much desired by all young women. It can be specially recommended to those who wish to develop symmetry, grace, and that strength which enables one to maintain a proper carriage of the body.

Skating is a very advantageous exercise, and can be most highly commended in every instance. This more particularly applies to ice skating, being always out of doors, and in cold, bracing air. This tends to build vigorous bodies in every instance. Roller skating can, of course, be recommended, though where practised in enclosed rinks, it is not as beneficial as ice skating. The influence of outdoor

air upon the development of superior vigor is very great, and exercises that take one out of doors always have especial advantages.

Hill climbing is a very beneficial exercise. It can be highly recommended for developing the legs and expanding the lungs. If you are in the habit of climbing hills there is little need for calling attention to the necessity for deep breathing, as under these circumstances one is compelled to inhale full breaths. Those living in mountainous countries nearly always possess vigorous and strong bodies, and this proves most emphatically the advantage of exercises of this character. If you want health, search for high hills, and climb every day until tired.

Rowing is an especially good exercise. It also has the advantage of taking one out of doors, and is particularly good for developing the muscles in the small of the back, the arms, and shoulders. If the chest is inclined to be flat, and the bones of the shoulders appear too prominent, rowing will assist in remedying the defect.



Running is an exceptionally fine exercise, and its particular advantage lies in the ease with which it can be practised. If living in a large city one necessarily sacrifices a certain amount of dignity by running on the streets. This, however, should not cause much worry, when health and strength are at stake. Running, like hill climbing, induces you to take full breaths, and is of great advantage in developing and making symmetrical the lower limbs, strengthening the chest, and increasing the lung capacity. A long, slow run, until copious perspiration is induced, before bathing, every day, can be especially recommended, though considerable strength would have to be acquired to continue the run until perspiration is freely induced.

Horseback riding is commended everywhere, and is no doubt an advantageous exercise. It takes you out in the open air, and is usually pleasurable. The exercise itself is not of very great importance unless a spirited horse is ridden. If women could only be induced to ride astride, as men do, horseback

riding would not only be more beneficial as an exercise, but would be far more pleasurable, and I believe the day is not far distant when this reform will be brought about. Little girls are taught now, in the riding schools, to sit astride. Perhaps, when older, they will be unwilling to change the position. It is about time we ceased to sacrifice health to conventionalities originated by prudish, and, in some instances, degenerate ancestors.

Swimming is an especially commendable exercise, and will be found of advantage as an adjunct to any system or means of physical improvement that may be used. Ocean bathing is, in nearly every instance, of more advantage as a tonic than fresh water bathing, and can be especially recommended to those who are anæmic. It would be well to remember, however, that great care must be used in ocean bathing, as the water is usually very cold, and one must never remain in so long that the normal heat of the body cannot be readily regained. After becoming inured to salt water one can usually remain in the water as long as

desired, and no other than beneficial results will be apparent. Fresh water bathing, though not so advantageous in its tonic influence as salt water, is desirable wherever it can be obtained, and will be found of advantage in assisting the process of building increased bodily vigor.

Croquet is rather a mild exercise, though it can, of course, be recommended when pleasurable. It has the advantage of being an open air game, and, of course, mildly uses a part of the muscular system.

Baseball is usually confined to boys and men, but if girls could be induced to play this game it would be greatly to their advantage. There is no game which requires much greater activity, and which will develop strength and grace with so much surety and quickness. I advise all my girl readers to accept every opportunity to play ball.

Basketball is an especially commendable game, and I note that girls' schools and gymnasiums all over the country are taking an active interest in it. There is one thing about

basketball which is of great advantage, and that is there is hardly a muscle in the body which it does not use to a certain extent. One is resisting, pushing, pulling, running, jumping in all directions throughout the entire period of the game. It requires great activity, dexterity, suppleness, and if all these are not possessed at the beginning they will be gradually developed. Basketball is a game that should be indulged in at every possible opportunity. There is probably no better physical culture than this game, if not overdone.

## CHAPTER XXIX.

### AIR BATHS—PURE AIR.

The average reader no doubt never heard of an air bath, and even those familiar with it are probably afraid to test its influence. But little experimenting is required to prove its advantages, and under proper conditions there is not the slightest danger of catching cold.

As the term would indicate, an air bath consists in allowing the air to come in direct contact with the entire surface of the body, for a long or short period, as desired. The influence of this bath is in the nature of a tonic. The cooler the air the greater the tonic influence, provided the body is kept warm by muscular movements or other natural means of accelerating the circulation. The contact of the air with the skin greatly accelerates the circulation. It causes the pores more readily to eliminate the effete substances that are carried

there for that purpose, and these impurities, under these circumstances, are absorbed by the atmosphere, and do not remain to contaminate the body, as is frequently the case when clothing is worn.

These baths have a great quieting influence upon the nerves. Many a nervous person has found relief almost immediately from this natural tonic.

I am well aware that many will fear the danger of "catching" colds when taking these baths. There is not the slightest chance of this provided the blood is pure, and even if a certain amount of impurities are present there is no danger, provided the surface of the body is thoroughly warmed by exercise before and after the clothing is removed.

The best time to take these air baths is immediately after exercise, in the morning or evening, as may be desired. Of course, when the advantage of sunlight can be secured, it will add to the beneficial effects of the bath very greatly.

The habit of "going barefoot," removing

the shoes and stockings whenever possible, will also be productive of benefit. This has an especially soothing influence upon the nerves, and will be of additional aid in building the highest degree of physical health.

Prof. Brown-Séquard, condensing the watery vapor coming from the human lungs, obtained a poisonous liquid, capable of producing almost immediate death. He injected the fluid under the skin of a rabbit, and the effect was speedily fatal. This eminent physiologist said that respired air contained a volatile toxic principle far more dangerous than carbonic acid. Many of these substances can be detected by neither smell nor taste, and are inhaled without any knowledge on the part of those who breathe them, while the organic matter has a fetid odor, and hangs about the room like clouds of tobacco smoke. In addition, this odor is very difficult to get rid of even by ventilation.

Pure air is absolutely essential to life, to health. One can exist on bad air, but to exist does not necessarily mean living. Air usually

seems to be of little importance. The average individual imagines that it has but little influence on his general health. There was never a more serious blunder. There is food in air. Oxygen is a food. It is just as necessary, in fact far more necessary, to life than any other element which enters into the constituents of the body. A man can live for sixty days without solid food, he can live for several days without water, but he cannot live for five minutes without oxygen. Did you ever think of that? Consider the importance and enormous value of pure air, rich in this oxygen, that the lungs may be liberally supplied with their needs. You cannot acquire or retain strength of any kind if this necessity for pure air is not recognized.

Are you afraid of draughts? Well, hurry up and rid yourself of this ridiculous fear. This has "dug" premature graves for thousands. Did you ever notice that the more a woman feared draughts the more colds she seemed to acquire, the weaker she seemed to be, while the careless woman, who gave but



little attention to that which is supposed to be essential during the cold seasons of the year, was stronger, and rarely, if ever, had a cold? The latter was stronger because her lungs were fed with a plentiful supply of oxygen at all times, and the thousands of little pores all over her body also had a chance to breathe.

Do not waste your time by taking any of the treatment advised here unless you can at once make up your mind to feed the lungs and every part of the body with oxygen. Do not sleep in a badly ventilated room. Open the windows wide—the wider the better. Cultivate a love for fresh air. Breathe it deeply at all times, bathe your body in it. It means life, health, strength. It is the greatest tonic in the world. It absorbs the impurities that are thrown off from the body, and assists greatly in accelerating the process of elimination constantly going on through the pores.

Of course, if accustomed to smothering yourself with clothing, do not immediately adopt the other extreme. Your body is like a plant made delicate by being kept from sun and

air. If such a plant is immediately exposed to rough breezes and the direct rays of the sun, it is liable to suffer from this sudden change, but expose it a short time the first day, a little more the next day, gradually increasing each day, and finally it will become vigorous and hardy, capable of bearing any amount of exposure. A weak body is exactly like this plant. No more suitable comparison could be made. By coddling and extreme care, breathing the vile atmosphere of inclosed rooms over and over again, until it is actually rotten with the poisons emanating from the lungs, and by fear of all draughts and sunlight, one can easily deteriorate into a fragile plant, and will remain delicate and weak as long as that which creates this condition is allowed to exist.

Turn over a new leaf at once. Pure air—not rotten air—was made to breathe! Inclosed air becomes rotten, foul, disease-breeding.

## CHAPTER XXX.

### BATHING AND WATER TREATMENT.

It would be difficult to over-estimate the value of cleanliness. Cleanliness merely from a standpoint of appearance is, of course, advantageous, but the great importance of cleanliness as a means of maintaining and increasing the beauty and power of body is not thoroughly appreciated. Every intelligent person knows that a large proportion of impurities escape through the pores of the skin. If the entire body is thoroughly cleansed at frequent intervals the pores naturally perform their functions much more thoroughly than under opposite conditions. Refuse from the pores, dirt that adheres to the skin and the particles of the dead scarf skin, if allowed to remain, clog the pores and seriously interfere with their natural functions. Under these conditions the impurities which should be eliminated through the

pores are allowed to accumulate, and frequently serious diseases are thus induced.

Though the use of fine vegetable oil soap and water is about the best means of cleansing the exterior surface of the body, one should remember that a proper diet and regular exercise are necessary to thorough cleanliness of the interior system, and under these circumstances there is less need for cleansing the exterior surface. The more impurities there are to be eliminated through the pores, the more necessity there is for activity of these functions, and the more need there is for frequent bathing. Therefore, the "high liver," the hearty eater, requires much more frequent bathing to maintain health than does one who follows a more abstemious diet. More impurities, more waste exudes from the pores under these circumstances, and this increased demand makes an extremely frequent use of soap and water imperative if vigorous health is to be maintained.

If in ordinary health, for the sake of cleanliness from one to three hot baths per week should be taken, with plenty of vegetable-oil

soap. A hot bath is of no particular value outside of its cleansing qualities. In fact, if one remains in a hot bath too long, its influence is frequently depressing, and injury instead of benefit may result. Never stay in a hot bath over ten minutes. The body can usually be thoroughly cleansed in this period if active efforts are made. I would usually advise this bath to be taken immediately before retiring, as it frequently tends to induce sleep quickly.

One should never use soap made from animal fat. Pure castile soap is usually about the best that can be secured, and is especially recommended. If soap irritates the skin, oatmeal or rolled oats can be used as a substitute. In fact this substitute will usually be found superior to soap, under any circumstances, for the face and hands.

The use of water, though absolutely essential for cleanliness, in order to maintain the highest degree of physical health, is also valuable as an aid in remedying certain diseased conditions. That my readers may be able to take advantage of this, I will describe in detail cer-

tain kinds of baths that can be used in treating various complaints.

Cold baths can be recommended as a tonic. They have no special value as a cleansing agent. They are a powerful stimulant to the circulation, and if one is suffering from poor circulation in any part of the body they will be found of great value. Many fear the influence of cold baths, and there are occasions when they should be used with great care. Usually, however, if one takes a bath of this nature, after the circulation has been accelerated by vigorous exercise, nothing but pleasurable and beneficial results are noticed. If one is able to recuperate immediately after a cold bath with a feeling of warmth, that is ample evidence that the results are beneficial, though if one is cold after a bath of this nature, warmth should never be induced by artificial means. Vigorous exercise of some kind should be taken until the natural warmth of the body has been restored. When warmth is induced by artificial means, one frequently feels chilly for hours after a cold bath, and under such cir-

cumstances the benefits can no doubt be questioned. There are many kinds of cold baths that can be used with advantage, but the cold sponge probably gives the least shock to the system, and can be recommended to beginners.

A cold sponge bath can be taken with a wet towel or sponge, or the water can be quickly dashed over the body, which should be quickly dried with a rough towel by rubbing every part of the surface thoroughly.

The cold plunge can be recommended to those who are especially vigorous and are able to immediately recuperate from the shock with a feeling of warmth. This bath can, of course, be taken in an ordinary bathtub. You should quickly immerse the entire body for a moment only. The body should be dried immediately afterwards. The drying process should be hastened as much as possible, in order to accelerate the circulation to the surface, thus enabling one to recover quickly from the shock of the cold water.

Cold sitz baths are a fine tonic, and are very valuable in the treatment of numerous dis-

eases. They accelerate the circulation about the hips and the action of the principal depurating organs located here is greatly increased, thus ridding the body of a vast amount of impurities. The best method of taking a cold sitz bath is to secure a bathtub made for that particular purpose, though if this is impossible a small bathtub can be used, or the ordinary bathtub will serve if not too weak. The heels can be placed on the edge of the tub, and the body be lowered slowly into the water. A bath of this nature should continue for one or more minutes, according to the patient's ability to resist the influence of the cold water. Of course the longer it can be endured and still immediately recover with a feeling of warmth, the greater will be the benefits. A sitz bath is much less of a shock than a plunge, and if unable to take a plunge, a bath of this nature can usually be used with benefit. After a sitz bath, water should be dashed all over the body, which should then be quickly and thoroughly dried.

Another valuable aid to the body to elim-



inate impurities is the wet pack. This can be taken as follows: Wet two sheets and wring them nearly dry. Lay them on a couch or bed, and let the patient lie in the center. Take the upper sheet and wrap around the body under the arms, take the next sheet and wrap around the body over the arms, which should be placed down by the side. This particular remedy is a very powerful stimulant to the pores of the body, vastly assisting in the elimination of impurities. It is, therefore, of especial importance that the wet sheet should come in contact with the entire surface of the body. If the patient has strong vitality the wet sheet pack should follow a cold sitz bath, and under these circumstances the soothing influence is so pronounced that the patient frequently falls asleep while in the pack.

The value of cold water packs or compresses for any part of the body where inflammation or congestion has appeared can hardly be overestimated. No matter where a pain may exist the application of a wet towel or sheet to the part will be a valuable remedy.

“Hydropathy, or the ‘water cure,’ has certainly achieved curative wonders. Its powers and efficacy probably exceed all other remedial means now known. Of its wonderful healing virtues, its oxygen, of which it contains a large proportion, is probably one great instrumentality; the various organs imbibing from it through the skin this great promoter of universal life. Scarcely less powerful for good is its efficiency and unequalled capability for removing obstructions, by taking up and carrying out of the system those noxious matters which clog the functions of life, breed disease, and hasten death. For reducing inflammations, and consequent pain, it has no equal, besides being an efficient promoter of normal action and universal life. For reviving debilitated organs, rebuilding broken constitutions, cleansing the stomach, bracing the system, and infusing new life throughout all its borders, it excels all other medicinal agents combined, and is destined to lay medicines and the lancet on the shelf of the past. No family, no individual, should be without a knowledge of the

best modes of its applications in all sorts and stages of debility and disorder.”

“Reaction is indispensable to all baths. Without it they do irreparable damage. That bath which leaves you chill and clammy damages most seriously. Do anything, but something, to induce it after each bath. And what are all fevers but reactions from preceding chills?

“Too much water, more than the system has the strength to resist, is awful, and will soon finish off its patients. This is true of all baths, all water treatment, and in fact all treatment. Invalids, please take note and warning.”

“Let a wet towel lie all night over any spot where you habitually feel any pain. Note how hot it soon becomes, and thus learn how much good it is doing you. And in general, whenever you feel any pain, apply a wet cloth, instead of consulting a doctor. Its effects are magical in diminishing labor pains and dangers. A young wife, whose husband had a very large head and shoulders, and who feared a severe delivery, for six weeks before her con-

finement took a daily sitz bath, at eleven, in tepid water, occasionally at night wore a wet bandage, exercised daily, and took good care of her health; was only two hours in labor, was delivered before her city doctor could come, was singing the next day, and soon as well as ever, and her child never the least sick, and now a magnificent boy."—*Prof. O. S. Fowler.*

The use of vapor and Turkish baths is now quite frequently recommended, and my readers should know something of them. There are occasions unquestionably where such baths can be used to advantage. For instance, if overburdened with weight, and without sufficient strength to take much exercise, either the vapor or hot air bath may be beneficial. Even then, however, it should be used with care, and quite frequently massage or other means of accelerating the circulation and arousing the depurating organs to increased activity would be of more advantage.

Of course, where the pores are clogged, and the skin is of a bad color, a bath of this nature

will sometimes accomplish more in bringing about a normal and healthy condition of the skin than any other means.

I believe that the ordinary bath cabinet, wherein the body only is inclosed, has superior advantages over those taken in the hot rooms of Turkish bath establishments. When using the ordinary cabinets the head and face is not subjected to the extreme heat, and I believe the benefits are greater under these circumstances. Of course, if inclined to be thin and emaciated, baths of this nature will usually be injurious. Under these circumstances exercise, and other natural means of stimulating the functional system, should be depended upon.

Hot air and vapor baths are simply poor substitutes for exercise. As stated before, they stimulate the excretory system in every way, but they do not build strength as does exercise. Where they have been tried and found to be of advantage I would, of course, advise that their use be continued, though it should be remembered that harm can result if they are used intemperately, and whenever any influence of

otherwise than a satisfactory nature is noticed, they should be immediately discontinued. One or two each week will usually be found sufficient. When they are taken more frequently their influence is usually debilitating.

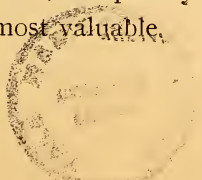
"The ill-health of women is due to the fact that they are too constantly in contact with chairs."—Mme. De Sevigne.

## CHAPTER XXXI.

### INFALLIBLE REMEDIES FOR CONSTIPATION.

Ailing women suffer from constipation almost universally. There is hardly need of my calling attention to its baneful influence when allowed to exist for any great length of time. This poisonous matter, when long retained in the lower bowels, unquestionably has a deteriorating influence upon the entire body, filling the blood with impurities which must be eliminated through the kidneys, lungs, and other excretory organs. It is to be deplored that there is so little known as to the proper methods of treating this disease.

Usually it can be easily cured. There are several natural means that are effective, and I will describe herein, as plainly as possible, those which are most valuable.



Almost any kind of exercise which tends to accelerate the breathing and heart action would naturally bring about a more normal condition, and aid in the cure. The first necessary means is for the patient to adopt a general system of physical culture for developing and using all parts of the body. I herewith illustrate a few exercises that are especially advantageous for this particular trouble, which will in many cases bring about satisfactory results without the adoption of other means. These exercises should be taken once or twice per day, and should be continued each time until tired. The exercises taken while lying will usually be found most effective, though they can be taken whichever way is most convenient.

A daily cold sitz bath will also be of great advantage as a remedy. It should be taken in the morning, immediately after the exercises illustrated. The easiest way to take a bath of this nature is to use a bathtub made for this particular purpose, though it can be taken in a small bathtub or in an ordinary bathtub, in





**FOR CONSTIPATION.**

**Bend forward and press body against right and left leg alternately.**

case one is agile enough to place her heels on the edge of the tub and lower the body into the water with the arms. The bath should last for one minute or more, or as long as it can be conveniently borne.

Another cause of constipation is the neglect to drink freely of water. Whenever bothered with a trouble of this nature one should encourage the desire to drink cool water. A glass of cold water should be drunk immediately upon arising whenever it can be done without actual discomfort.

The diet, of course, is of very great importance. If one persists in eating white bread, cakes, pies, and other constipating foods, to bring about regular action of the bowels will be much more difficult than if wholesome and nourishing foods are used.

In detail, I would advise the sufferer from constipation to eat a breakfast consisting of an orange or apple. Drink freely of water during the forenoon and eat the first meal at one o'clock, or thereabouts, chewing every morsel very thoroughly, eating rye or whole wheat



**FOR CONSTIPATION.**

Bring right and left leg alternately against body as vigorously as possible.

bread instead of white bread. During each meal the appetite should be encouraged for green salads of all sorts. All vegetables not overcooked will be found of advantage. An especially good food under such circumstances is the whole grain of corn or wheat, simmered for from three to five hours in milk, and eaten slowly, with butter or sugar, whichever taste may desire.

In nearly every case the régime here set forth will bring about the desired results in a short time, though one must not expect to remedy in a few days a trouble which has been chronic for months, and perhaps years.

If, however, this should fail results will appear much more quickly if several one-day fasts are taken, with two days' eating intervening. This may be found difficult at first, but it simply requires a little strength of the will, and is much easier than one would suppose.

About the most effective diet for treatment of constipation, and one which is usually productive of results almost at once, is the raw diet, consisting of raw vegetables, grains,

fruits, milk, and the like. This, of course, will hardly appeal to the average reader, and will usually be found necessary only in extraordinary cases. However, if the case is so severe that the régime already recommended does not produce results with sufficient speed, I would advise that a raw diet be adopted. Of course, it is impossible in this chapter to give instructions in detail as to this diet, but information along this line can easily be secured of those familiar with the needs under such circumstances.

## CHAPTER XXXII.

### MASSAGE AS A BEAUTIFIER.

Massage as a means of beautifying the body is now frequently recommended. In many diseased conditions, and as an aid in building a high degree of physical health, it can no doubt be frequently commended. I would, however, like my readers to understand thoroughly what massage is and does, that they may be able to determine its value in their own particular case.

Massage is simply a poor substitute for exercise. It accelerates the circulation, and enables the blood to eliminate impurities which might have remained without this stimulation. It is no more valuable—in fact, it is probably of less value as a means of accelerating the circulation—than exercise, and it would be well to remember that it does not strengthen the muscles as does exercise. You cannot create strength without using strength, and as no

effort is required in submitting to massage it simply accelerates to increased activity the functions of the circulatory system.

The soothing qualities of massage are well known, and it is no doubt valuable in numerous nervous troubles on this account. The personal influence of the operator is worth consideration, and, of course, not only the benefits but its immediate pleasurable influences will depend greatly not only upon the operator's knowledge of massage, but upon his or her personal physical condition.

There are various devices recommended for massage which are supposed to perform the work equal to an operator. Many of these devices are no doubt valuable; however, an operator is far preferable, if capable, and if the expense is of no particular object. The object of massage, as stated before, is simply to accelerate the circulation and to bring new and rich blood to the inner tissues, and some of these devices accomplish this object satisfactorily.

For many hundreds of years massage has been known as a valuable agent in the cure of

disease, and in alleviating fatigue and for soothing the nerves. All athletes in training for contests usually have their trainers, who rub and knead the muscles after exercise. This is nothing more than a species of massage, and its value is recognized everywhere.



## CHAPTER XXXIII.

### FRICTION BATHS.

In previous chapters I have commented upon the great importance of keeping the pores of the skin thoroughly active. The necessity for this can hardly be too strongly emphasized, and in all diseased conditions friction baths will be found a valuable aid to recovery by arousing to extreme activity the pores of the skin. Many years ago my attention was called to the especial value of this by a man who was nearly seventy years of age. He stated that in early youth he was practically given up to die with consumption, and that, by the use of friction brushes, together with a few daily exercises, he was able to effect an absolute cure. In order to illustrate the effects of this daily friction bath, he showed me the surface of his body and I was amazed at its condition for one of

his age. His skin was as soft and smooth as velvet, and clear and free from defects. He stated that he had maintained this superb condition simply by the use of friction brushes, and I would especially commend to my readers who desire a perfect complexion, smoothness and softness of the entire surface of the body, that these friction baths be given a thorough trial.

These baths can be taken with two soft bristle brushes. With a brush in each hand, go all over the body, brushing back and forth on every part that can be reached until the skin tingles and reddens from the accelerated circulation brought to the surface by the friction. Of course, when first taking these baths the skin may be very tender and will not stand much friction, but gradually day by day the brushes can be used more freely and the beneficial results will increase in a corresponding degree.

## CHAPTER XXXIV.

### PERFECT COMPLEXION.

What would the average woman give for a perfect complexion—that one sign of superior digestive power which rarely fails to be accurate? No matter what pretensions a woman may make to beauty there is but little chance of her possessing it unless the skin be smooth, of good color, and free from discolorations and other defects.

It is remarkable how little is known as to the conditions that influence the color and texture of the skin. Even some specialists have but a vague idea as to the causes that produce the various unsightly defects of the skin. Many of these so-called specialists do not even consider it necessary for their patients to adopt an abstemious diet. They usually prescribe a tonic of some character, and depend upon this to produce the desired results. Under these

circumstances it is not at all surprising that many women soon lose that beauty and richness of color often possessed in earlier youth.

The use of lotions and various other drugs is a frequent cause of ruined complexions. They unquestionably have a baneful effect upon the health of the skin, and permanent loss of that fresh and healthy appearance often results from their use.

Let me here state with all possible emphasis that the texture of the skin is influenced almost entirely by the condition of the blood. If the blood is filled with impurities by improper diet, over-feeding, or lack of exercise, every possible avenue for the elimination of these impurities is over-worked. The pores of the skin are important avenues in eliminating these impurities, and the natural result of their excessive accumulation is the appearance of blotches, black-heads and other signs that accurately indicate the attempts of the skin to rid itself of this abnormal amount of accumulated impurities. When this fact is considered, how one can possibly conclude that the use of lotions

and drugs applied externally can be of the slightest service in ridding the skin of blemishes, is beyond my comprehension.

“The blood is the life,” and the skin is as the blood makes it, and, going back further we find that the blood is made or extracted from the contents of the stomach and other digestive organs; thus the great importance of a proper diet and a healthy assimilative system can clearly be seen if one desires to acquire and retain freshness, smoothness, softness and richness of complexion.

Though diet is of such great importance, I by no means belittle the value of thorough cleanliness of the external surface. It is not difficult to see how thorough cleanliness of the skin, and sufficient friction with hands or brush, will tend vastly to increase the activity of the pores and enable them more easily to eliminate the impurities that may be brought there.

The use of powders and paint is to be deplored. They simply fill up the pores, and are exactly similar in their effect to that of a quantity of dirt if it were allowed to remain. In

fact paint and powders of all kinds—as far as the surface of the body is concerned—are simply dirt. They clog the pores and prevent the thorough performance of their functions, and will in every case seriously injure the skin if their use be continued for any great length of time.

Massage with fingers or a device in some instances can be recommended, as the circulation is thus accelerated both at the surface and in the deeper tissues, thus hastening the cleansing and depurating processes, making not only the skin but the adjoining tissues more healthy.

About the most important matter to be considered in improving the complexion is diet. The most common error under such circumstances is over-eating. The erroneous idea that three meals per day must be eaten whether needed or not will in every case seriously injure the complexion when continued for any great number of years, unless gifted with extraordinary assimilative and vital powers. The first means necessary as a remedy when any serious defects have been noticed is to lessen

the quantity of food. This is usually of more importance than the character of food, provided those foods that furnish a satisfactory degree of nourishment are being used. If serious defects are to be remedied, instead of three meals per day one meal should be considered sufficient, for a time at least. If you cannot confine yourself to one meal per day, avoid breakfast and eat two meals a day, though satisfactory results will appear far quicker if only one meal is eaten. A series of one day fasts with two days intervening would be of special value.

Another very serious error which injures the complexion very greatly is eating without thorough mastication. When the food is improperly masticated the absorption glands are not able to properly perform their functions and many impurities reach the circulation. For information in detail in reference to this would refer my readers to my book, "Strength from Eating."

A properly arranged abstemious diet is the first and most important step in acquiring a

perfect complexion, but the use of a complexion brush will be found of value as a local stimulant for the pores. Use a soft bristle brush on the affected parts, brushing back and forth until the skin is pink from the friction. The texture of the skin is frequently so delicate that soap has an irritating influence. Under such circumstances use oatmeal or rolled oats instead of soap. This is of value in softening the skin and is about as cleansing as soap. In fact, if convenient, it would be well to use this on the face and hands at all times instead of soap.



## CHAPTER XXXV.

### PROPER CARRIAGE OF THE BODY.

Every woman usually realizes the necessity of proper carriage of the body from the standpoint of appearance. A fine form may appear ugly and ungainly if the need of correct carriage of the body is not recognized, and the importance of this can hardly be emphasized too strongly if desirous of appearing properly proportioned.

Though proper carriage from standpoint of appearance may be of great importance, its necessity as a means of adding strength in proper proportions to various muscles of the body is by no means fully understood.

If the body is not carried properly muscles that should become strong frequently grow gradually weaker, until finally all symmetry of figure disappears. For instance, the muscles



Appearance as affected by proper carriage of the body. Proper position is shown slightly exaggerated for emphasis. No corset worn by the model.

of the back between the shoulders should be sufficiently strong to keep the shoulders well thrown back. If these muscles are allowed to grow weak the shoulders sag forward, making a figure, very symmetrical otherwise, appear decidedly ugly.

Then the internal organs, too, suffer severely when a proper position of the body is not maintained. If the shoulders are held forward the chest naturally becomes flattened, the lungs fall lower and crowd down upon the stomach and interfere seriously with digestion. Under these circumstances the lungs cannot be so easily inflated and they frequently grow weaker.

The influence of proper carriage upon digestion is especially marked. When the shoulders are held far back and the chest in proper position the danger of digestive troubles is greatly lessened. Digestion under these natural conditions is carried on far more easily. The stomach is held in proper position, and the muscles are capable of more easily carrying out the processes of churning and mixing the food



Appearance as affected by proper carriage of the body. Proper position is shown slightly exaggerated for emphasis.  
No corset worn by the model.

required in digestion. If one desires to prove the truth of this statement, the first time a fit of indigestion is noticed take a short walk, throwing the shoulders far back, and the influence of the change in position of body will be noted almost immediately. In a number of cases this will remedy indigestion quicker than any other means.

Furthermore, proper carriage of the body affects the mental condition very greatly. Cheerfulness, that buoyancy of spirits so necessary to satisfactory conditions of life, is also influenced quite materially by carriage of the body. You can easily test this for yourself. On any occasion when feeling morose or gloomy bring your shoulders far back, go in the open air, maintaining this position. Act as though you were cheerful, and in a short time the desired condition will usually appear.

From the foregoing you will note that proper carriage of the body is of great importance from almost every standpoint, when one is desirous of attaining the physical and mental vigor that accompanies a superb physique.

## CHAPTER XXXVI.

### DEEP OR DIAPHRAGMATIC BREATHING.

#### ITS VALUE IN BUILDING HEALTH AND STRENGTH.

We make strenuous efforts to learn to read and write, but proper breathing, a thousand times more important, is not given the slightest attention.

Air is a food, it creates life. If not secured, disease and death soon intervene. If air is of such vast importance, if it is so necessary to life and health, is not the manner in which it is breathed also of very great importance? The answer to this question is plain, but nevertheless, the attention given to proper breathing, by the average individual, is practically nil. Why this should be is difficult to fathom, unless, like everything else appertaining to the physical body, the average person appears to imagine



Breathe deeply, forcing out sides against hands as breath is inhaled.

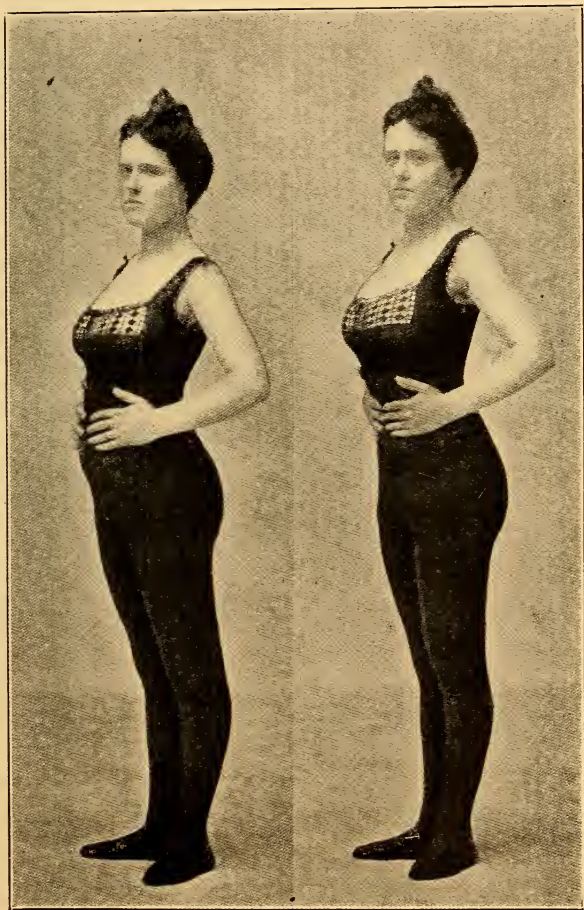
that it "just grows" as it was made to grow and no influence of any kind can change it.

The statement may seem like an exaggeration, but I firmly believe that less than five per cent. of the women breathe properly, that is, with the diaphragmatic or abdominal action; and if one selects only the leisure classes, where a certain amount of muscular work is not compulsory, no doubt less than one out of a hundred would be found who makes free and proper use of the lungs.

The terrible results of this evil have been commented upon in a previous chapter, and it unquestionably causes thousands to fill premature graves annually, and results in physical and mental miseries for many millions more.

Here is where the crimes committed by the corset appear in their most horrible guise. With this implement of torture,





Breathe deeply, forcing out abdomen against hands. Now expel all the air possible, pressing abdomen far inward with hands, as shown; then repeat first exercise, continuing until tired.

this sex destroying device, properly laced, no woman can possibly breathe as she should. She simply takes little short pants; she does not breathe deep and full. She can not. The movements of the abdominal walls are restricted, even entirely arrested. She breathes from the top of her lungs only. Instead of using the abdominal region, made by Nature to easily expand and contract, she uses the bony frame-work of the chest. Thus nearly all women are addicted to the evil of chest breathing. The chest rises and falls with every breath, instead of the abdominal region, as Nature intended.

Study the breathing of a little child, lying or standing, not yet hampered and deformed by tight and restrictive bands, and with every breath inhaled, the abdomen at the waist line will go outward, and return as the breath is exhaled. Here will be found a practical exemplification



Breathe deeply with hands in above position, expanding at the waist line as air is inhaled.

of proper breathing from which every one can learn; where the child can teach the adult. And the value of this lesson, if it conveys the method and the vast importance of proper breathing, is beyond all financial consideration, for it means increased health, stronger and more symmetrical bodies, and all this cannot be bought.

All are familiar with the functions of the lungs, but few are aware of the necessity for their proper performance. If in the habit of breathing with the chest wall, inhaling continually in "short pants" as it were, if the habit is not cultivated of taking full, deep inspirations frequently while in the open air, only a small part of the lungs is used, and every part of the body suffers in consequence. Under such circumstances the body is actually starving for oxygen. That valuable food element, supplied through the atmosphere, is

of far more importance than any other element needed to sustain the body. Furthermore, when the body is starving for oxygen because of improper or insufficient breathing, the carbonic acid gas, that vile poison eliminated through the lungs in the process of breathing, is retained to poison the blood or seek an outlet in other ways. In chest breathing, the lower part of the lungs is hardly used at all. Too much air frequently remains after the most complete exhalation and to a certain extent stagnates in the unused portions of the lungs. That tired feeling that many attribute to malaria or other diseases, is not infrequently produced entirely by the lack of proper diaphragmatic breathing. In proper breathing, the entire inner surface of the lungs are used, thus vastly increasing the absorption of oxygen and the elimination of carbonic acid gas.

Then, too, proper breathing, which causes the entire abdominal region to move outward and inward at every breath, favorably influences the action of the digestive processes at all times. Let the corset-wearer testify to the terrible effects of abdominal paralysis resulting from this continuous pressure of the corset on the abdomen. Proper breathing, with the accompanying abdominal movement, is impossible to corset-wearers, and this easily explains the numerous digestive ills from which women so universally suffer and which are made possible by breaking this one vastly important physiological law. Constipation is nearly always present under these unnatural conditions, and no one need to be told of the innumerable serious diseases which begin with this simple trouble.

Many physical culture enthusiasts are striving for improvement, using all the

means furnished by exercise, pure air and proper diet; but they are unable to speedily improve, simply because of their neglect to breathe as they should. I desire to particularly impress my readers with the extreme necessity for fully carrying out my suggestion in reference to deep, full, abdominal breathing if they desire to secure the speediest and most satisfactory results. In fact, no especially advantageous improvement can be expected unless the habit of breathing properly is assiduously cultivated.

The breathing exercises here illustrated will be found valuable. Considerable practice is frequently necessary in order to acquire the proper control, but do not be impatient. Continue your attempts day after day and your efforts will finally be rewarded by success.

*And remember that proper breathing is impossible if a corset is worn, and without proper breathing no woman can be continually healthy.*

## CHAPTER XXXVII.

### ABBREVIATED INSTRUCTION TO WEAK WOMEN.

There are so many remedies recommended in this book that some of my readers may be confused as to the best method to adopt in their own individual cases. To roughly guide such persons in the beginning, these abbreviated instructions are given. Of course in order to acquire proper knowledge of the best means to bring about the speediest and most satisfactory results in each case requires very careful study, but this chapter will serve as a guide to the general plan which should be followed each day.

I take it for granted that the pupil who begins this work is weak muscularly and digestively, that there is also some female weakness which make the necessity



ABBREVIATED INSTRUCTION TO WEAK WOMEN.

for extreme care at the beginning especially important.

Rise after the desire of sleep has been satisfied. Do not lie in bed too long after having awakened. If you feel lazy several deep inhalations, expanding at the abdomen, remember, will usually infuse some energy into your muscles.

Now immediately after rising from bed take the first exercise in chapter XXII. Exercise nude when possible with plenty of ventilation. Do not begin this way but gradually accustom yourself to the fresh air.

Follow this with a friction bath described in chapter XXXIII.

Then take a cold sitz bath described on page 234, and rub thoroughly dry.

No breakfast unless an orange or something of this nature is desired.

Sometime in the morning take a short

walk, practicing abdominal breathing all during the walk.

First meal at ten or eleven o'clock. Masticate every morsel to a liquid.

Sometime during the afternoon, about two hours after first meal, walk until slightly tired being careful to breathe diaphragmatically.

Eat second meal about six hours after first meal.

Sometime in the afternoon or before retiring take exercises illustrated in chapter XXV. Linger over these movements, being careful to rest over each one, lying on the couch as you finish each exercise.

Do not under any circumstances take any of these movements that seem to be very difficult especially until after your strength has increased.

Follow these exercises with a cold sponge bath, rubbing the skin dry with a rough towel.

ABBREVIATED INSTRUCTION TO WEAK WOMEN.

If these exercises are taken at night it is usually advisable to retire immediately after the bath which follows them.

Two or three times each week take a hot bath with plenty of high grade soap instead of cold sponge just before retiring.

Do not use too many bed clothes—only enough to keep warm.

Open windows wide in your bedroom. Do not be afraid of fresh air.

Do not worry about the result. Health is surely yours if you make proper endeavors.

*And it is worth a thousand times more than the value of the efforts required to produce it.*

[THE END.]



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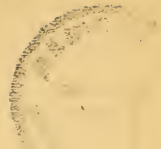




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